Commended By President Nixon—

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Sophie Leavitt's Penny Pincher's Cook Book

This is the budget-wise cook book you've been waiting for—written in Mrs. Leavitt's warm, simple, clear way.

With An Introduction By

Jean Mayer

Chairman, White House Conference on Food, Nutrition and Health

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THE WHITE HOUSE

WASHINGTON

Dear Mrs. Leavitt:

I want to commend you for your years of outstanding work in assisting poor people to prepare nourishing meals at low cost. It was especially gratifying to learn that your "Penny Pincher's Cook Book" will soon be available for a modest price and is expected to help thousands of poor families improve their diets. While the preparation of this cook book undoubtedly presented a challenging departure from the other culinary writings for which you are so highly regarded, I am certain that it brought great satisfaction to you.

It is a pleasure to offer you warm congratulations and best wishes for continued success in the years ahead.

Sincerely,

Richard Nixon

Sophie Leavitt's Penny Pincher's Cook Book

LANCER BOOKS NEW YORK

A LANCER BOOK

Sophie Leavitt's Penny Pincher's Cookbook

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INTRODUCTION

Poor people will not be fed properly unless they are helped with food, money, or its equivalent as applied to foods (such as food stamps). On the other hand, money is not enough, education is also essential. While ignorance of nutrition is by no means confined to the poor, the cost of ignorance is, as always, greater for the poor than for the rich.

Mrs. Sophie Leavitt has rendered a great public service by addressing herself to the practical needs of those who have little money to feed themselves. She has thus filled an important gap left open by nutritionists and home-economists who have essentially limited themselves to the education of the middle-class. Mrs. Leavitt knows that teaching nutrition without speaking of food and that speaking of foods without describing modes of preparation is to leave the job undone. Her extraordinarily useful book should do much to improve the state of health and nutrition of our disadvantaged fellow citizens.

Jean Mayer, Ph.D., D.Sc. A.M. (hon), M.D.(hon)
Professor of Nutrition, Harvard School of
Public Health
Chariman, 1969 White House Conference on
Food, Nutrition, and Health

AUTHOR'S ACKNOWLEDGMENTS

This book is devoted to good nutrition. It contains hundreds of delectable recipes which you can prepare at low cost.

Good nutrition is the proper selection of foods that will give our bodies the utmost benefit in growth, energy and health. Some people think good nutrition means fads and health foods, which many people dislike. In this book I have compiled hundreds of recipes which are nutritious and will be simple to prepare, delightful to eat, and of the utmost economy. We are indeed going to "pinch pennies."

This book, prepared with the close cooperation of the United States Department of Agriculture in Washington, has been based on years of the author's food experience as a consultant to the Department and as a member of the White House Conference on Food, Nutrition and Health under the direction of Dr. Jean Mayer, to whom I humbly dedicate this book.

Special thanks and acknowledgment go to that "special man" who has done so much for so many people, Dr. Aaron Altschul; to Dr. Ruth Leverton, who is forever watchful to see that you get the proper nutrition, and a lovely person to boot; to Dr. Caro Lure, so able and so pretty; to Bonnie and Bill Whyte, young and bright, two extra-special human beings, and I love them; to Kate Alfriend, one of the knowingest gals in Washington, who combines brains, honesty, and deep feeling; and to my friends in Palm Beach County, which contains that jewel of richness, Palm Beach, on the right side of the railroad tracks, and the greatest number of migrants in the United States, definitely on the wrong side of the tracks. I give my heartfelt thanks to that woman with a heart, Alice Baber, head of Palm Beach County Welfare; to the ever-watchful Commissioner Warren; especially do I say thank you to Mrs. Doris Spooner, head of Belle Glade Welfare—she knows and she cares; and to the rest of the good people in Palm Beach County who have been so helpful.

In my home state of Pennsylvania, heartfelt thanks to my dearest friend Anna Olinger and to Congressman Goodling, who are always available to lend an ear, and to my sweet, quiet, right hand, Marie Berwager, and to my other right hand, my dear, dear Marguerite Fraumeni; and last but not least, I want to recall the saying, "behind every good woman there is a husband." Mine was always there when I needed him! No woman could ask for more.

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IMPORTANT HINTS FOR PENNY PINCHERS

1. Hints on flavor savors that cost pennies: Bouillon powders or cubes, chicken, beef, and onion, add a lot of flavor to gravies, sauces, roasts, casseroles, stews, soups–to all kinds of dishes–and cost only a few pennies. Put them on your shopping list.
2. To make 1 cup broth out of 1 bouillon powder or cube:
   a. Stir in 1 bouillon powder into 1 cup water until dissolved (it takes only a second); or use a bouillon cube and melt.
   b. You can use bouillon broth wherever our recipes say "canned broth or fresh," either chicken, beef or onion.
3. Always save money by making nonfat milk out of instant dry milk; add the dry milk to cold water and stir. It takes a second with the instant dry milk. Keep refrigerated, since it's milk and milk tastes better cold. If you prefer a more "tasty" milk, prepare it ahead of time and leave in the refrigerator overnight to develop a good milk taste.
4. When a recipe in this book tells you to add dry milk to dry ingredients it will also tell you how much water to add and when.
5. Prepare the dry egg mixture called Egg Mix as directed–*unless* the recipe tells you to add the *dry* egg to the *dry* ingredients. In that case, the recipe will tell you when and how much water to add. Dried egg mix is seldom sold in stores; it is given by the USDA as a donated food. You can use it so many ways in these recipes. It is very good–even the chickens would be proud of it!
6. Look at the Dry Egg Table (page 000) to see what amount of dry egg mix you'll need: for instance, 2½ tablespoons dry egg mix amounts to 1 small fresh egg; ¼ cup dry egg mix is equal to 1 large fresh egg.
7. When the directions say "cook rice as usual," look at the recipe for Short-Grain Rice (page 000), which says 1¾ cups water to 1 cup rice. (The recipe for Long-Grain Rice uses 2 cups water to 1 cup rice.)
8. You can use a skillet many times when you don't have a baking pan; just be careful not to burn yourself on the hot handle. Use a cloth or towel to pick it up.
9. When a recipe says "margarine," you can use butter if you wish.
10. When a recipe says "vegetable shortening," you can use oil. Remember, if any recipe says "lard," use 1¼ cups vegetable shortening for 1 cup lard.
11. These recipes say, "bake *about* 1 hour," because ovens are not all alike, and some bake faster or slower than others.
12. You can use fresh or frozen food instead when the recipe says "canned," whether meat, chicken, vegetables or other foods.
13. "Fry onions" means to fry until soft and clear, not brown or burned.

Sometimes a recipe may say, "brown"–but *never* "burn"!

14. To "thicken," put liquid (water or other liquid) into a screw-top jar, add whatever you want to thicken, cook and stir until thickened.
15. You need not sift any of the flour in these recipes; just mix with a spoon. Of course, if you have a sifter, use it.
16. You sometimes thicken a dish by making a sauce. Melting margarine or butter, then take off the heat and stir in flour. (Cook and stir on low heat.) Do not brown the fat with flour–simply cook 3 minutes to take the raw taste of the flour out. Add the required liquid. The recipes tell you how much fat, flour, and liquid to use. This is called a "white sauce," a different kind of gravy.
17. If you buy a can of whole chicken, the recipe will tell you to "skin and bone it." Be sure to save the skin and bones to make good-tasting soup by adding water and cooking 45 minutes to an hour.
18. These recipes use the double-acting baking powder, such as Clabber Girl, Calumet, Rumford. If you use the single acting baking powder, such as Royal, follow the directions on the tin.
19. Worcestershire sauce adds flavor to many dishes and costs little; A-1 sauce is also good.
20. Catsup is another "pepper upper"–I don't have to tell you what that does.
21. Corn starch is a good, easy-to-use thickener because it doesn't lump. But don't stir like mad, because it may become watery. Also, don't cook forever. When whatever you have added it to becomes clear and thickens, take it off the heat.
22. Wet mustard and dry mustard both add "zip" to dishes.
23. Cinnamon and nutmeg are two good spices to have.
24. Poultry seasoning is cheap and very good. You can use it in all kinds of meat and chicken recipes, and even in biscuits for a change.
25. "Soda" means *baking* soda–not the kind of soda you drink!
26. Mayonnaise and prepared salad dressing are both good to have on hand.
27. Many people love chili powder, comino, cloves, curry powders, bay leaves and allspice, and can't cook without them. But if you don't cook with them, don't buy them.
28. When you buy salt, be sure to buy the salt marked "iodized." It is necessary for the family's health.
29. If you like herbs and buy the dried ones, be sure they are a bright green color. The dried-out, brown kind are stale–don't buy them. Good dried herbs are tarragon, basil, thyme, dill, and parsley.
30. It's nice to have vanilla flavoring on hand.
31. Remember to cook on low heat, so your pans won't burn. It's no fun to have to clean burned pans–I know and you know!
32. When you have a little extra money, buy a pair of tongs to remove

and turn foods you are frying, broiling, or cooking. It keeps you from having burnt fingers. Also invest in a pastry blender; it's inexpensive, and you will use it a lot.

33. You can most certainly live without a sifter, but buy an egg beater and a strainer.
34. Don't use steel wool on your good iron skillet, and always remember to wipe it dry after washing so it won't rust.
35. Here's a tip on how to keep opened boxes of raisins or prunes: Put them in a screw-top jar. If raisins dry out, drop them in boiling water for 2 or 3 minutes, drain and dry. When baking apples, stuff them with raisins. Raisins are delicious in coffee cakes, too.
36. When you cook prunes, sometimes you'll want to add sugar to taste; sometimes the prunes need no sugar. Add just enough water to cover the prunes and 2 or 3 thin slices of lemon. The lemon adds zip to the prunes.
37. Important: if you're planning to use margarine to bake, be sure and take the fat out of the refrigerator long enough ahead of time so that it gets soft, not runny. Vegetable shortening or oil does not need to be refrigerated.
38. If you make our "Quickie Mix" for biscuits, cakes, bread, or pancakes, remember to use vegetable shortening or oil, because they are healthier. Use the mix within one month. Keep in a cool place, but it does not have to be refrigerated.
39. To help keep brown sugar from lumping, put it in a plastic box with a good top. The kind of plastic box that ice cream comes in is fine.
40. When you're hungry for steak, ask the butcher for a thick boneless chuck roast that has the *fillet, eye* and *chicken steaks* in it. It will cost more than you usually pay for a chuck roast because it's so big, but you will get three or four meals out of it. Take it home, cut out the filet, eye, and chicken steaks to fry. They are delicious steaks and you will have two or three meals out of them. There will be a large center piece that will make a fine-tasting pot roast or stew. The chuck steaks fried have a true beef steak flavor and you hardly use any fat to fry them.
41. To make the custards in these recipes, you don't have to heat or boil the milk; use it right out of your refrigerator.
42. Dry egg mix can be used in cakes, breads, meat loaves, omelettes, stuffings, custards. It is very good and should never be refused when you pick up your USDA foods.
43. Fresh eggs separate better when cold, but they *beat* better and higher at room temperature.
44. When you add fresh eggs to food you are cooking, remove the food from heat while you add the egg. When you put it back on the heat, be sure and stir, and use low heat.
45. A pie crust bakes to a beautiful brown if you brush it with milk—your

grandmother always did.

46. Keep shelled eggs covered in the refrigerator.
47. Taste while you cook; the dish will be better-tasting, as you can correct the seasoning as you go along.
48. Top quality and high price don't always go together. You can make an inexpensive dish taste "top quality."
49. Remember, there is no substitute for fine flavor, and the flavor is up to you. It can be a simple dish, and it can be good!
50. These recipes are for 4 portions, unless specified otherwise; it's an easy number to multiply or divide, so you can increase or decrease the final quantity without complications.
51. All egg recipes in this book use large eggs.
52. *Always* spoon the flour into a measuring cup to measure the right amount, *never* scoop the flour out with a cup. Why? You get more flour when you scoop than when you spoon the flour, and that changes the recipe. Level off the flour with a knife to get the right amount.

MILK AND MILK PRODUCTS

DAILY SERVINGS FROM THE MILK GROUP

Age	*Number of Cups or Servings*
children under 9	**2 or 3**
children 9 to 12	**3 or more**
teenagers	**4 or more**
adults	**2 or more**
pregnant women	**3 or more**
nursing mothers	**4 or more**
old people	**2-3 or more**

When you make your shopping list, remember not only to *buy* milk, but consider making dishes that *use* milk. Also, buy cheese and ice cream, as they are in the milk family.

How can you get the most for your money when buying milk?

1. Nonfat dry milk is much cheaper, so buy it. Be sure it has the word "enriched" on it. Some people like to mix ½ dry milk, made into liquid milk, with ½ fresh milk.
2. Be sure and put the instant dry milk you make in the refrigerator.

Milk should always be kept in the refrigerator, and it should be served cold.

3. Instant dry milk is easy to mix and easy to use in cooking and baking.
4. Evaporated milk is fine in many dishes. Many times you can use it in place of cream. It also whips beautifully if cold.

How to store milk foods to keep them fresh and safe:

1. Fresh milk and cheese need to be kept cold in the refrigerator.
2. Dry milk can be kept on a shelf in a tight container like a jar or a plastic bag.
3. Evaporated milk can be kept on the shelf until the can is opened; then put it in the refrigerator.

What can you do with cheese?

1. Eat it just as it is.
2. Make cheese toast.
3. Make macaroni pudding.
4. Make a cheese sandwich.
5. Grill the cheese.
6. Add cheese to a salad or cooked vegetables, or to a meat dish.
7. Use sliced cheese on crackers as a snack.
8. Make some cheese bread. Try our cheese bread recipe—it makes the whole house smell good.

Everybody will run to the kitchen to see "what's cooking"!

INSTANT NONFAT DRY MILK TABLE

Follow the directions on the package that you buy, or use this table:

instant dry milk	*cold water*	*makes cups milk*
1 cup	**3 cups**	**3 cups**
1/2 cup or 8 tablespoons	**1 1/2 cups**	**1 1/2 cups**
1/3 cup or 6 tablespoons	**1 cup**	**1 cup**
1/4 cup or 4 tablespoons	**3/4 cup**	**3/4 cup**
3 tablespoons	**1/2 cup**	**1/2 cup**
1 1/2 tablespoons	**1/4 cup**	**1/4 cup**

HOW TO MIX THE INSTANT NONFAT DRY MILK

Put cold water into a pitcher, jar or other clean container.

Add instant nonfat dry milk.

Stir to mix; it takes only a second.

Keep covered in the refrigerator. Like all milk, it tastes best cold, so let it stand in refrigerator at least a few hours to develop a good milk taste. A woman once said when I gave her a taste of the dry milk I had mixed,

"It tastes like cow's milk!" I told her, "It *is* cow's milk!"

It's so *easy to cook and bake* with the dry milk. This table makes it easy for you to see how much dry milk you will need in your recipe, even for the small quantities you'll be using. You can add the dry milk to your dry ingredients when you bake. Add the water later on when the recipe tells you to. Isn't that easy?

If you're cooking a liquid, like a cream soup, you can add the instant dry milk directly.

A good idea is to mix your instant dry milk at night, and put it in the refrigerator; then it will be ready for the family to drink in the morning, and the rest of the day too.

Dry milk is a wonderful help. You don't have to run to the store to get it fresh—it's always ready on your shelf waiting for you to use it. Besides, it's cheaper than the liquid milk, and you can afford to give all the children the milk they need. Take a drink of milk yourself, and sneak a glass to your husband.

Remember! Milk is a cheap way to get calcium, which *everyone*, (especially infants, children, nursing mothers) needs in different amounts for good bones and teeth.

Instant dry nonfat milk also comes in packages already measured so all you have to do is add cold water. It costs a little more but may be worth it, especially if you work. You will still save money using this. Be sure to buy the *enriched* milk, though.

How much milk do we need daily?

children under 9 need 2 to 3 cups
children 9 to 12 need 3 or more cups
teenagers need 4 or more cups
adults need 2 or more cups
pregnant women need 3 or more cups
nursing mothers need 4 or more cups

What foods are included in the milk group? (This will help you when you shop)

Milk
- fluid whole
- skim
- dry
- evaporated
- buttermilk

Chesse
- cottage
- cheddar type, natural or processed
- cream

Ice cream

This will give you an idea how you can substitute some cheese or even ice

cream for milk:

1 cup milk = 2-inch cube chedder type chesse
1/3 cup milk = 1/2 cup cottage cheese
1 tablespoon milk = 2 tablespoons cream cheese
1/4 cup milk = 1/2 cup ice cream

Are you surprised that you can eat 1 cup ice cream for dessert, and it's the same as 1/2 cup milk?

On this happy note, let's proceed.

ROLLED OATS OR WHEAT DRINK
MAKES A WONDERFUL BREAKFAST DRINK
CAN BE MADE THE DAY BEFORE

Put 1 cup oats or wheat in 2 cups milk.

Let stand in refrigerator overnight; or if in a hurry, let stand 1/2 hour to soften.

Push through strainer.

Mix with *2 cups milk, 1 teaspoon vanilla, 1/2 cup sugar or corn syrup, 1/4 teaspoon salt, 1/2 teaspoon cinnamon*. You can mix with egg beater or large spoon or blender.

This is as delicious as it is nutritious.

WAYS TO SWEETEN MILK
ESPECIALLY APPETIZING TO CHILDREN

1. Peanutty milk drink–mix 1/3 cup peanut butter, 1 quart milk, pinch *salt* and *1/3 cup sugar or corn syrup* to taste.
2. Maple sweeten milk–mix *1/3 cup sugar or corn syrup, 1/2 teaspoon maple flavoring, 1 quart milk.*
3. Banana milk–*Mash banana*, mix with *1/3 cup sugar or corn syrup*, and *1 quart milk.*
4. Chocolate milk–mix *1/2 cup sugar or corn syrup, 1/2 cup cocoa, 1 teaspoon vanilla* in *1 quart milk.*
5. Vanilla milk–mix *1 cup dried milk, 1/2 cup dry egg, 1 teaspoon vanilla* to taste, *1/3 cup sugar or corn syrup* and *1 quart water* or mix well *2 fresh eggs* and *1/3 cup sugar* with an egg beater, stir in *teaspoon vanilla* and *1 quart milk.*
6. Flavored milk–mix *1 package flavored fruit mix* with *milk* as directed on package. Buy a brand of "fruit drink" that has sugar, not substitute for sugar. Read the package carefully; your children need sugar, not a substitute.

) MAKE COTTAGE CHEESE

quarts nonfat milk with *1/2 cup buttermilk.*

and overnight in warm place until it clabbers or until curd is set.

Set mixture over *hot water* on very low heat. Don not let water boil; heat only until the whey comes to top.

Stir around, test curd with finger. Curd should be soft and not tough. Heating takes about 5 to 10 minutes.

Pour mixture into strainer over a bowl, let drain, don't mash.

When drained, break up curd with a fork.

Add a little salt to taste.

Save a cup of whey in the refrigerator to use as a starter to make more cottage cheese.

You may add cream or milk to the cottage cheese, or fruit or mayonnaise with a lemony flavor, as you wish.

HOW TO MAKE CLABBER OUT OF INSTANT NONFAT MILK

Put *liquid* milk into jar.

Screw on lid.

Let stand in kitchen until milk clabbers. This takes from 1 day to 1½ days.

Refrigerate.

Clabber or sour milk makes fine pancakes, biscuits, and cornbread, but buttermilk is better to drink.

HOW TO MAKE BUTTERMILK OUT OF INSTANT NONFAT MILK

Mix *3 cups milk* with *1/3 cup buttermilk.*

Cover.

Let stand at room temperature 8 hours or until thickened.

Cover and refrigerate. This makes about 3½ cups.

OR

Mix *1 cup instant nonfat dry milk* and *3 cups warm water.*

Stir in *1/3 cup buttermilk.* Cover.

Let stand at room temperature 8 hours or until thickened.

Cover and refrigerate.

This makes about 3½ cups.

You can save 1/3 cup buttermilk to start a fresh batch of buttermilk about 15 times. Then buy buttermilk at a store to start over again to make your buttermilk.

How should you choose your cereals to save money?

When you buy cereals, buy cereals, not the pretty picture of a toy that your child is screaming for. Who's the boss, you or he? (Don't answer, I know he is!)

Buy prepared cereals without the fancy trimmings of sugar and such. They cost more money. Even if you work, you're not too tired to tell the family to sprinkle sugar on their cereal if they insist on having sugar, or throw some raisins in and save the money for some other food.

Cooked cereals take only a few minutes, so why spend extra money on the prepared cooked cereals? They certainly don't taste any better.

Both prepared cereals, enriched and the kind you cook, are good. Have 1 serving a day along with the 4 servings from the bread-cereal group.

Cereals should be kept in a closed container such as a screw-top jar or an empty coffee can with a plastic lid; close tightly, because cereals make a happy home for bugs.

A "serving" of cereal is 1 ounce "ready-to-eat" cereal, which is about 1¼ cups, or ½ cup to ¾ cup cooked cereal.

HOT BREAKFAST CEREAL, ROLLED WHEAT OR OATS

In a saucepan add *½ teaspoon salt* to *2 cups water* and bring to a boil.

Stir in *1 cup cereal*, bring back to boil.

Add *2 tablespoons margarine*, cook, stir 3 minutes.

If you wish, you can add *2 tablespoons dry milk* before you start to cook.

Eat cereal hot. Some serve it with cold milk, sugar, raisins, chopped prunes or homemade maple-flavored corn syrup.

If you have leftover cereal, let it get cold, slice, dip in flour, fry in a little fat, serve with syrup or meat.

Hot cereals take just a teeny bit of time to make. They save you money, and besides, they taste so good—so get the "hot-cereal habit"!

OLD-FASHIONED CORNMEAL MUSH

The old-fashioned way is to stir *4 cups cold water* into *1 cup cornmeal*, bring to a boil, stir, cook, add *1 teaspoonn salt* to taste and *2 tablespoons margarine*. Turn heat to low, cook, stir about 30 minutes, so it will taste better.

This is still the best way to cook mush, so you won't have any lumps, any time!

DEEP SOUTH YELLOW GRITS

Add *1 cup grits* to *3 cups cold water* and *1 teaspoon salt.*

Bring to a boil.

Turn heat to simmer, stir and cook, adding *2 or more tablespoons margarine* as it cooks.

Cook until thick and luscious; it takes about 15 minutes.

Good with all kinds of beef, pork and sausage dishes. Eat the yellow grits smothered with margarine for a taste you'll long remember.

A WORD ABOUT BREADS

What foods are in the bread group? You have a large variety to choose from:

Yeast breads
Quick breads
Biscuits
Cornbread
Tortillas
Muffins
Corn muffins
Rolls
Flour
Pancakes
Macaroni
Rice
Noodles
Spaghetti
Crackers
Other baked goods

Look for the word "enriched" on the labels of bread, flour, and converted or enriched rice, and the other products. "Enriched" means that the nutrients lost in the milling of the grains, which we need, have been put back.

Buy a variety of breads–don't always buy the soft, puffy bread that fills our shelves. There are many fine breads both light and dark, such as whole wheat, pumpernickel, rye, crisp Italian, French, and Vienna loaves, and also homemade-type breads that have a bite and are not only enriched but are *good for the teeth* and taste good, too.

If you want to pinch pennies and you don't work, or you have the energy to bake some bread on the weekend, your husband and children will love you for it.

Try baking some quick breads using baking powder or soda.

If you get the donated food from the government, you will get

enriched flour and it is a very fine flour indeed; if you buy flour, be sure and buy only the enriched flour.

There are many kinds of mixes in the food stores, and many of you use them. Read the fine print to see whether they use enriched flour and vegetable shortening or oil. Buy the ones that do.

Be a Penny Pincher—make our delicious Quickie Mix, which has so many uses. Be sure and try the pancake recipes using oil—you'll be delighted with them; and don't pass up that "super-quickie" coffee cake made with oil.

Remember: To measure flour in these recipes, *never, never* dip the cup into the flour. *Spoon* the flour into the measuring cup. If you dip the flour, you will get too much flour. Don't!

SELF-RISING FLOUR

Make your own, its easy!

Mix or strain in a large pan or bowl, or shake slowly in a paper bag, *8 cups enriched flour* with *5 tablespoons baking powder* and *1 tablespoon salt* and *2 tablespoons sugar* until well blended.

Use as needed; use in 1 month.

Keep tightly closed.

QUICKIE MIX

to make biscuits, muffins, pancakes, cakes, coffee cakes, quick breads

Mix or strain *8 cups enriched flour, 3 cups instant nonfat dry milk, 5 tablespoons baking powder, 1 tablespoon salt, ¼ cup sugar* until well blended.

Cut in *2 cups vegetable shortening* or *1½ cups vegetable oil* with a pastry blender, 2 knives or your fingers.

Mix will look crumbly.

Store in a tightly covered container.

It is not necessary to refrigerate, but keep in a cool place.

Makes 11 cups.

Use within a month.

You can keep it in refrigerator if you have the room.

HOW TO MAKE CAKE FLOUR

to save you from running to the store for cake flour, try this

Put *2 tablespoons corn starch* into a 1-cup measuring cup.

Spoon *unsifted all-purpose flour* until the cup is level (to the 1-cup mark).

Sift together 3 times.

1 cup of this mixture can be used as 1 cup of cake flour.

BISCUITS USING QUICKIE MIX

you'll need a baking sheet for these

Preheat oven to 450° (very hot oven).

Gradually mix *1/3 to ½ cup water* into *2 cups Quickie Mix*, using just enough water to make dough that is soft but not sticky.

Turn dough on a lightly floured surface and knead about 12 times.

Roll or pat to desired thickness, ½ to ¾ inch thick.

Cut with a floured glass or cutter, or pinch off small pieces of dough and shape with your hands, or cut into squares with a knife.

Place on ungreased baking sheet.

Bake in preheated 450° oven 10 to 15 minutes.

Makes 12 two-inch biscuits, more smaller ones.

Hint: If you dip the biscuit cutter or glass or knife each time into flour before cutting, the cutter won't stick to biscuits.

Don't wiggle the cutter or glass around as you cut the biscuits, as this will make the biscuits topple while baking.

MUFFINS FROM QUICKIE MIX

use egg mix or a fresh egg

Preheat oven to 400° (hot oven).

Mix *2 cups Quickie Mix* with *2 tablespoons sugar, ¼ cup "egg mix"* or *1 fresh egg.*

Stir in ¾ cup water, just until flour is moistened. Batter should be lumpy for tender muffins.

Fill greased baking cups 2/3 full.

Bake 20 to 25 minutes, loosen immediately.

Serve warm.

To reheat, place in 400° oven about 5 minutes; don't burn.

Makes about 12 medium muffins.

TENDER BAKING-POWDER BISCUITS

with instant dry milk

Preheat oven to 450° (very hot oven).

Mix *2 cups flour, 4 teaspoons baking powder, ½ teaspoon salt, 2 teaspoons sugar* and *½ cup instant nonfat dry milk* together.

Crumble or cut in *1/3 cup oil or vegetable shortening.* Mixture will look crumbly.

Gradually stir in *½ cup water.* Mix together lightly, should not be sticky.

Collect into a ball. Knead about 12 times on a floured surface.

Roll out to ½ to ¾ inch thick.

Cut with a floured glass or cutter.

Put on ungreased baking sheet. If set close together, the sides will be soft; if farther apart, the sides will be more crisp and brown.

Bake in 450° oven 10 to 20 minutes, depending on size of your biscuits.

Eat hot.

You can use ½ cup fresh liquid milk instead of the dry milk and water. The rest of the recipe is the same. Or, use the dry milk as the recipe says and then use the liquid nonfat fresh milk instead of the water.

Be prepared to make 2 batches—these go fast!

CLABBER MILK BISCUITS OR BUTTERMILK BISCUITS

Preheat oven to 450° (very hot oven).

Mix *2 cups flour, 2 teaspoons baking powder, ½ teaspoon soda, 1 teaspoon salt, 1 tablespoon sugar* together. Mix with pastry blender, hands, or fork to cut in *1/3 cup or ¼ cup + 2 tablespoons oil.* Gradually stir in *½ cup clabber or sour milk* to make a soft, but not sticky, dough.

Lightly form into a ball.

Remove to floured surface, knead about 12 times.

Roll or pat to desired thickness, ½ to ¾ inches thick.

Cut with floured glass or cutter.

Place close together for soft sides, farther apart for crusty sides, on ungreased baking sheet.

Bake in preheated 450° oven about 10 to 15 minutes.

Eat them hot!

CHEESE BISCUITS

Preheat oven to 450° (very hot oven).

Use one of the biscuit recipes, add *¾ cup shredded cheese* to dry

ingredients, gradually stir in about *½ to ¾ cup nonfat milk.*

Follow rest of recipe.

DROP BISCUITS

Preheat oven to 450° (very hot oven).
Use one of the biscuit recipes.
Increase *milk*, if necessary to *1 cup.*
Drop by tablespoon on to *greased* baking sheet.
Bake 10 to 15 minutes.

TO REHEAT BISCUITS

1. Preheat oven to 200° (very low heat), heat 10 minutes.
2. Heat biscuits in brown paper bag in 200° oven about 10 minutes.
3. If biscuits are stale, sprinkle a little water on bag, heat in 325° oven about 10 minutes.
4. Heat in heavy skillet with lid on lowest heat on top burner. Don't burn.

OTHER BISCUIT HINTS

1. When making biscuits, cut out an extra panful. Cover with waxed paper. Put in refrigerator; it can keep 2 days. Take out of refrigerator about ½ hour before baking.
2. If you like crusty biscuits, roll them thinner. Place far apart on baking sheet.
3. Try cutting the biscuits small and sprinkling them with sugar and cinnamon mixed together before baking them, or dip in melted margarine first. The children will love these, especially when they come home hungry from school and just can't wait for supper.
4. Remember, you get crispy sides when you bake your biscuits farther apart, soft sides, when you place them close together.

DIFFERENT KINDS OF BISCUITS

Onion Biscuits – add ¼ cup minced onions to biscuit recipe.
Bacon Biscuits – add 2 cooked, crisp, tender bacon strips, crumbled.
For meat stew topping – add ¼ cup minced parsley to biscuit recipe.
For biscuits to eat with meat and gravy – add 1 teaspoon poultry seasoning to biscuit recipe.

QUICKIE MIX PANCAKES

light as a feather

Start heating your griddle or skillet before you mix your pancakes, so it will be hot when the pancakes are ready to fry.

Heat your skillet or griddle hot on medium heat on electric stove (takes 8 or 10 minutes), 3 to 4 minutes on gas stove; you won't have to use any fat to grease it.

Put *2 cups Quickie Mix* in a bowl. Separate *2 eggs*, yolks from whites.

Stir yolks with a fork, add *1 cup milk or water.* (STAND IS MIX)

Add to Quickie Mix, stir about ½ minute only, just mix.

With an egg beater whip the egg whites stiff. They will hold their peak when you lift the beaters out.

Fold the egg whites into the batter.

If you haven't already done so, heat the griddle hot (my method keeps the griddle from warping). When it's hot, drop your pancakes on and bake. When bubbles appear, turn and brown other side.

Serve hot, with syrup or jelly. They will be light and delicious.

PANCAKES

made with dry egg mix

Mix *2 cups Quickie Mix* with *½ cup dry egg mix.* Stir in *1¼ cups water or milk* for ½ minute just to mix; batter may be somewhat lumpy.

If drops skitter around, the griddle or skillet is hot enough. With a spoon drop pancakes on hot skillet. When bubbles appear, turn and brown other side. Serve hot with homemade, maple-flavored corn syrup, *margarine, or jelly.

For thinner pancakes, add ¼ cup more water or milk.

*Add *1 teaspoon maple flavoring* to *1 pint corn syrup.*

NEW-WAY SWEET MILK PANCAKES

a lovely batter made with oil as the fat

Mix *2 cups flour* with *½ teaspoon salt, 1 tablespoon baking powder* and *1 tablespoon sugar.* Separate *2 large eggs.*

Mix the yolks with a fork and stir in *1½ cups nonfat milk,* then *¼ cup vegetable oil.*

Stir into the flour mixture about ½ minute; it will be a little lumpy, but the batter will be the texture of whipped cream.

Beat the egg whites stiff, fold into the batter.

Fry on a hot, ungreased griddle or skillet which you preheated on medium heat 8 to 10 minutes on an electric stove, 3 to 4 minutes on a gas stove.

These pancakes are lovely and light and the easiest thing in the world to make.

VERY DELICIOUS NEW-WAY PANCAKES AND THE HEALTHIEST

with buttermilk and oil, the easiest to mix

Mix *2 cups flour* with *½ teaspoon salt, 1 teaspoon soda* and *1 tablespoon sugar.* You don't have to sift.

Separate *2 eggs,* mix yolks with a fork, and stir in *2 cups buttermilk,* and *¼ cup vegetable oil.*

Stir about ½ minute but don't over-mix.

Whip whites until stiff, fold into batter.

You can use at once, but let it stand a few minutes—it seems to improve it, if that's possible. Store any leftover batter in the refrigerator, and use the next day. Thin with a little milk for a Swedish type of pancake. These pancakes are light and tender.

Heat your skillet hot on medium heat for 8 to 10 minutes on electric stove, 3 to 4 on gas stove, and you won't have to use any fat to fry the pancakes.

FLUFFY WHEAT CAKES OR OAT CAKES

with fresh eggs and milk

Mix *1 cup flour, 2 teaspoons baking powder, ½ teaspoon soda, 1 teaspoon salt, 1 tablespoon sugar* and *1 cup rolled wheat or oats* together.

Separate 1 egg, mix yolk with a fork. Stir in 1 cup milk and ¼ cup milk and ¼ cup melted margarine or oil just until flour is moistened, batter should be lumpy.

Heat skillet hot on medium heat for 8 to 10 minutes on electric stove, 3 to 4 minutes on gas stove; or grease with a *little fat.*

Spoon batter on hot skillet. When pancakes are puffed and full of bubbles, turn, brown the other side. Eat hot with homemade, maple-flavored corn syrup or margarine or butter.

FLUFFY WHEAT CAKES OR OAT CAKES OR PANCAKES

with dry egg mix and dry milk

Heat skillet or electric stove 8 to 10 minutes 3 to 4 minutes on gas burner. Grease with a little fat.

Mix *1 cup flour, 2 teaspoons baking powder, ½ teaspoon soda, 1 tablespoon sugar, ½ cup dry "egg mix", ¼ cup dry milk, ¾ teaspoon salt* and *1 cup rolled wheat or oats together.*

Stir in just until flour is moistened–batter should be lumpy–*1 ½ cups water* and *¼ cup melted margarine or vegetable oil.*

Spoon batter on hot skillet. When pancakes are puffed and full of bubbles, turn, brown the other side.

Eat hot with homemade, maple-flavored corn syrup or margarine or butter.

MUFFINS, DELICIOUSLY LIGHT

with fresh eggs and liquid milk

Preheat oven to 400° (hot oven).

Mix *2 cups flour* with *3 teaspoons baking powder, ½ teaspoon salt, ¼ cup sugar.*

Mix together *1¼ cups milk, 1 beaten egg* and *¼ cup margarine or vegetable oil.* Add to flour mixture *just until flour is moistened.* Batter should be lumpy.

Fill greased baking cups 2/3 full.

Bake 20 to 25 minutes.

Loosen immediately from pan so muffins won't steam; serve warm.

Makes about 12 medium muffins.

FRIED CORNMEAL MUSH

Make mush as usual.

Pour into dish in a thin layer about ¼ inch thick.

Put in refrigerator to harden.

When hard, cut into squares, dip in flour, fry in oil or vegetable shortening until nicely browned on both sides.

Don't let them swim in fat–they'll drown.

These are good with your homemade, maple-flavored corn syrup, or just as is to eat with your meat.

CORNMEAL GRIDDLE CAKES

with dry egg mix

Pour *1 cup boiling water* over *1 cup cornmeal.* Stir until thick.

Mix *1/3 cup dry egg mix* with *1/3 cup water* until all lumps are out.

Add *1 cup milk* to cornmeal and stir in the egg mixture.

Add *1 cup flour,* mixed with *2 teaspoons baking powder* and *½ teaspoon soda, 1 teaspoon salt,* and *1 tablespoon sugar.*

Mix, don't stir much.

Mix in *3 tablespoons melted margarine or oil.*

Fry by spoonfuls on a hot lightly greased skillet until brown; turn, brown on other side. Do not let the cakes burn.

CORNMEAL GRIDDLE CAKES

with fresh eggs

Pour *1 cup boiling water* over *1 cup cornmeal.* Stir until thick.

Add *1 cup milk* and stir in *2 eggs* mixed with a fork.

Add *1 cup flour,* mixed with *2 teaspoons baking powder* and *½ teaspoon soda, 1 teaspoon salt* and *1 tablespoon sugar.*

Mix, but don't stir much. Mix in *3 tablespoons melted margarine or oil.*

Fry by spoonfuls on a hot lightly greased skillet until brown; turn, brown on other side. Do not let the cakes burn.

CHEESE AND CORNMEAL BAKE

Preheat oven to 375° (moderate oven).

Cook the mush as usual.

Put a layer of mush in the buttered skillet or baking dish, then put *thin slices of cheese on top.* Repeat until all the mush and cheese have been layered.

Bake in 375° oven until hot and the top is browned.

Eat hot.

You can make this a meal in a dish if you slice your meat from the can and put on top of the mush and put the slices of cheese on top of the meat. Then bake as usual.

BAKED INDIAN PUDDING

Mix *1 quart hot milk* with *½ cup cornmeal* and *1 teaspoon salt.*

Cook until thickened (about 15 minutes), being careful to stir, so it doesn't lump.

Remove from heat.

Stir in *¼ cup corn syrup mixed with maple flavoring, ½ cup sugar, ¼ teaspoon cinnamon,* and *2 tablespoons butter or margarine.*

Pour mixture into greased baking pan.

Bake at 275° (slow oven) for 2 hours.

SPOON BREAD

with dry egg mix

Preheat oven to 375° (moderate oven).

Mix *¾ cup cornmeal* with *1 teaspoon sugar, 1 teaspoon salt.*

Stir *½ cup dry egg mix* into *½ cup water* until there are no lumps.

Boil *¾ cups water,* scald cornmeal mixture.

Add *2 tablespoons melted margarine or vegetable oil.* Stir in *1 cup milk* and the dry egg mix.

Sprinkle *1½ teaspoons baking powder* on and stir. Pour into greased skillet.

Bake in preheated medium oven (375°) about 55 minutes. Eat hot, spooning out the Spoon Bread. It's delicious, because you have cornbread on the bottom and custard on top.

SPOON BREAD

with fresh eggs

Preheat oven to 375° (moderate oven).

Mix *¾ cup cornmeal* with *1 teaspoon sugar, 1 teaspoon salt.*

Boil *¾ cups water,* scald cornmeal mixture. Add *2 tablespoons melted margarine or oil.*

Mix *2 eggs with a fork,* stir in *1 cup milk.* Add to the cornmeal mixture and stir a minute.

Sprinkle *1½ teaspoons baking powder* on and stir. Pour into greased skillet.

Bake in preheated oven (375°) about 55 minutes. Eat hot.

SO-GOOD CORNBREAD

baked in the oven with dry egg mix

Preheat oven to 425° (hot oven).

Mix *1 cup cornmeal* with *1 cup flour, 1 teaspoon salt, 2 teaspoons baking powder, ¼ cup sugar* (less sugar if you wish), *¼ cup dry milk, 1/3 cup dry egg mix.*

Stir in *1–1/3 cups water or milk* and *2 tablespoons melted margarine or oil.*

Pour into greased skillet or baking dish. Bake in preheated hot oven (425°) about 20 to 25 minutes.

CORNBREAD

with fresh eggs

Preheat oven to 425° (hot oven).

Mix *1 cup cornmeal* with *1 cup flour, 1 teaspoon salt, 2 teaspoons baking powder, ¼ cup sugar* (less sugar if you wish).

Mix together *2 eggs beaten with a fork, 1 cup milk* and *2 tablespoons melted margarine or oil.*

Stir into cornmeal mixture. Pour into greased skillet or baking dish. Bake in preheated hot oven (425°) about 20 to 25 minutes.

CORNBREAD BAKED ON TOP OF STOVE

comes out fine–you'll need your good heavy skillet, well greased on bottom and sides

Mix well *1 cup cornmeal* with *1 cup flour, 2 teaspoons baking powder, ½ teaspoon soda, ¼ cup sugar, 1 teaspoon salt, ¼ cup dry milk, 1/3 cup dry egg mix.*

Stir in *1 1/3 cups water* and *2 tablespoons melted margarine or oil.* Pour into well-greased, hot skillet.

Turn heat to low. Bake about 15 to 20 minutes; do not cover.

Lift up the bottom to see how browned it is, turn, bake the other side; takes about 10 minutes.

You will be surprised how light and good this is.

CORNBREAD BAKED ON TOP OF STOVE WITH FRESH EGGS AND MILK

Mix well *1 cup cornmeal* with *1 cup flour, 2 teaspoons baking powder, ½ teaspoon soda, ¼ cup sugar, 1 teaspoon salt.*

Mix together *1 cup milk, 2 eggs mixed with a fork,* and *2 tablespoons melted margarine.* Stir into the cornmeal mixture.

Pour into well-greased, hot skillet. Turn heat to low.

Bake about 15 to 20 minutes, do not cover. Lift up the bottom to see how browned it is, turn, bake the other side; takes about 10 minutes. Bake without a lid.

CRISPY, CRUNCHY CORN CHIPS

you can't stop eating them!

Preheat oven to 350° (moderate oven).

Mix together *1 cup yellow cornmeal* with *½ cup flour, ¼ teaspoon soda* and *½ teaspoon salt.*

Gradually stir in *3 tablespoons vegetable oil* mixed with *1/3 cup nonfat milk.*

Form into a ball.

Put on surface, knead 2 minutes.

Break off pieces the size of a marble.

Roll out paper thin—the edges will be ragged.

Sprinkle lightly with *Parmesan cheese, salt, or onion salt* or *celery salt.*

Place on baking sheet with a wide spatula. Bake in 350°oven about 8 to 10 minutes until golden brown.

Remove to a rack to cool.

"EASY-MAKE" BREAD

crisp on the outside, tender on the inside

Mix *2 cups flour* with *3 teaspoons baking powder, ½ teaspoon salt* and *1 tablespoon sugar.*

Crumble in *¼ cup vegetable shortening* until fine like cornmeal.

Add *2 tablespoons margarine* and flake in with fingers; don't mind the big pieces, they will make the bread taste better.

Stir in slowly, adding just enough to hold dough together, about *½ cup nonfat milk.*

Put on floured surface, knead 12 times.

With your hand push into a large round bread (cake) about 11 inches and only about ½ inch thick.

Use the back prongs of a fork to press a design on the bread.

Put in oven, turn heat to 450°. Bake about 15 minutes.

Eat hot; don't bother to cut, just break off pieces.

You can use Quickie Mix or your favorite biscuit mix if you care to.

You can use 1/3 cup vegetable oil instead of other fats.

OLLIE'S BREAD

uses no yeast; sometimes called "Hoe Bread"—this version uses dry egg mix

Mix together *2 cups flour, 2 tablespoon + 1 teaspoon baking powder, 1 teaspoon salt, ¼ cup instant dry milk, 5 tablespoons dry egg mix, 2 tablespoons sugar.*

Stir in *1 cup water.* Beat 1 minute or 75 strokes.

Add *½ cup vegetable oil,* beat ½ minute or 25 to 30 strokes. Spoon into a *skillet or baking dish well greased with oil.* Spoon *1 tablespoon oil* over the top.

Place in cold oven. Turn heat to 450° (hot) oven; bake 10 minutes.
Turn heat to 400°; bake 10 minutes.
Test to be sure bread is done.
The bread will be beautifully browned on top, deliciously tender. The children won't wait until it cools.

QUICKIE BREAD

this recipe for "Hoe Bread" uses fresh eggs

Mix together *2 cups flour, 2 tablespoon + 1 teaspoon baking powder, 1 teaspoon salt, ¼ cup instant dry milk, 2 tablespoons sugar.*

Mix *2 eggs* with a fork. Stir in *¾ cup water.* Add to flour mixture.
Beat 1 minute or 75 strokes.
Add ½ cup vegetable oil, beat ½ minute or 25 to 30 strokes.
Spoon onto a *9- or 10-inch skillet or baking dish well greased with oil.*
Spoon *1 tablespoon oil* over the top.
Place in cold oven. Turn heat to 450° (hot oven). Bake 10 minutes.
Turn heat to 400°. Bake 10 minutes.
Test to be sure bread is done. This is a Southern bread that Northerners like too.

CHEESE BREAD WITH HERBS FROM QUICKIE MIX

best ever!

Preheat oven to 400° (hot oven).
Melt *¼ cup margarine*, set aside.
Mix *2 cups Quickie Mix* with *1 tablespoon sugar, 1 tablespoon instant minced dry onions, ¼ dried dill* (rubbed in palms of your hands to bring out its flavor), *¼ teaspoon dried sweet basil.*
Blend in *¾ cup milk* and *1 egg*, mixed with a fork, and the melted *¼ cup margarine:* just blend, don't stir a lot.
Spoon into a *well-greased, 8-inch cake pan.*
Sprinkle *½ cup shredded or grated cheddar cheese* on top.
Bake in 400° oven about 25 minutes. The top will be beautifully brown and crusty.
Serve warm.

CHEESE STRAWS

Mix together *1 cup Quickie Mix, ½ cup grated cheese* and ¼ teaspoon paprika.
Stir in ¼ cup water.

Knead 12 strokes on a lightly floured surface.
With your fingers, pinch off pieces of dough the size of large marbles.
Shape into strips 5 inches long and ¼ inch thick.
Place on ungreased cookie sheet.
Bake in hot oven (425°) 8 minutes.
Makes about 3 dozen.
For a change, dip the strips into melted margarine before baking.

COFFEE BREAD STRIPS

takes a few minutes, it's fine as a dessert or a snack with a glass of milk or a cup of coffee

Cut a *whole loaf of uncut bread* into thick slices, then cut each slice into 3 strips; or use sliced bread and cut each slice into 3 strips.
Melt about *½ pound* or *2 sticks margarine,* but don't brown or burn.
Mix in *1 cup granulated sugar* with *1 or 2 tablespoons cinnamon.*
Dip each strip into the melted margarine, then into the sugar-cinnamon mixture.
Coat the slices well.
Place on a margarined cookie sheet and bake in 400° (hot) oven until the bread is golden brown and crisp; it takes only a few minutes or so.

"OUR STYLE" HOT BREAD

when you don't have an oven, make the children some hot bread--don't tell them it takes only a minute to make

Heat your skillet hot.
Smear *margarine* on *both sides of sliced bread.*
Put into hot skillet.
Brown one side, brown the other side.
Pile on a dish.
Eat while crisp and hot.
Takes less than a minute but tastes wonderful.
You can change the taste by sprinkling a *little onion salt* or *garlic salt* on the bread.

CHEESE ROLLED WHEAT OR OATS BREAD

makes the whole house smell good, and easy to make

Preheat oven to 350° (moderate oven).
Mix *1 cup flour, 2 teaspoons baking powder, ½ teaspoon soda, ½*

teaspoon salt, ½ cup instant nonfat dry milk, 1/3 cup sugar and *1 cup rolled wheat or oats.*

Add *2 eggs beaten with a fork* stirred with *1 cup water* and *2 tablespoons oil or melted margarine.*

Add *1¼ cup grated cheddar cheese.*

Mix well.

Spoon into *greased loaf pan.* Bake in 350° oven about 50 minutes. For a different kind of bread, add 1 cup raisins or cooked, chopped prunes instead of cheese, and then you'll have raisin bread or prune bread.

If using dry egg mix, add ½ cup of the mix to the flour mixture and use 1½ cups water instead of 1 cup water; otherwise the recipe is the same.

EGGS

It has been said that the egg is truly nature's masterpiece. I like the sound of this: In their 1969 book *Food for Us All*, the USDA said, "It is a *prepackaged container* of many important nutrients needed by every member of the family for good health."

Look for the USDA grade shield on the carton or tape that seals the carton. It is your best assurance of both quality and size.

What is the difference in egg grades? U.S. Grade A eggs have a round firm yolk, and a high, thick white when broken. They are ideal for all purposes but especially for frying and poaching. Grade B egges have less thick whites and the yolk may be somewhat flattened. They are good for general cooking and baking. Stores usually carry only two or three egg sizes in 1 or 2 grades. The sizes most often found are extra large, large, and medium; at times small eggs are a bargain.

The size of eggs and the quality have nothing to do with each other. High-quality eggs may be large or small. The grade depends on quality, not size. Remember that when you buy eggs.

Which is the best size in eggs to get the most for your money? Generally speaking, if there is less than a *7-cent-price spread* per dozen eggs between one size and the next smaller size in the same grade, you will get more for your money by buying the larger size. Here are some tips on

Here are some tips on eggs:

1. Buy only fresh, clean, sound-shelled eggs. Do not buy eggs that are cracked or dirty!

2. Be sure and buy eggs from a refrigerated display case.
3. Refrigerate the eggs at home promptly.
4. Refrigerate the eggs large end up to help maintain quality.
5. Shell eggs when not refrigerated will lose more quality in one day than in one week under refrigeration.
6. Buy only the eggs you can use in one week for the best flavor and cooking.
7. Buy either brown or white shelled eggs. The color does not affect the nutritive value, quality, flavor or cooking performance of the eggs. The only difference is the color of the shells.
8. Fresh, high-quality eggs have a large amount of thick white which stands high and firm around the yolk and is not watery. As the eggs get older, the whites become thinner.
9. Leftover yolks should be refrigerated promptly in tightly closed containers. Cover the yolk with cold water before storing and use in a day or two.
10. Sometimes a small blood or meat spot is found in an egg. The spot can be easily removed. The egg is perfectly wholesome and just as good as other eggs. These spots are not a sign the eggs are fertile.
11. The white, rope-like, twisted strands of materials found in raw eggs, called chalazas, are highly concentrated white appearing on each side of the yolk. They are a perfectly natural and wholesome part of the egg. They serve to anchor the yolk in place. They are found in all eggs.
12. Egg white sometimes sticks to the inside of the shell of raw eggs, making it difficult to remove. This is because the eggs are fresher and the white thicker.
13. Leftover egg whites should be refrigerated promptly in a tightly covered container and used within a day or two.
14. Hard-cooked eggs should also be refrigerated promptly. Use within a few days.
15. Difficulty in peeling some hard-cooked eggs is because the egg is so fresh.
16. The green discoloration that sometimes appears between the white and the yolks of hard–cooked eggs is harmless. To help prevent discoloration, hard-cook eggs at low temperature, avoid over-cooking, and cool them promptly. At times this seems not to help, but at any rate it does give you a more tender hard-cooked egg.
17. High temperatures and long cooking cause eggs to shrink and loose moisture and become rubbery or tough.

DRY EGG OR USDA EGG MIX RECIPES

as delicious as shell egg–wonderful to bake with

Dry Egg Table

Dry Egg		Cold Water		Makes Shell Eggs
¼ cup	+	¼ cup	=	1 large
½ cup	+	½ cup	=	2 large
¾ cup	+	¾ cup	=	3 large
1 cup	+	1 cup	=	4 large

HOW TO MIX DRY EGG MIX

Put correct amount dry egg mix into small bowl.

Gradually mix in a little cold water to make a paste or batter.

Stir out lumps.

Gradually stir in rest of correct amount of water.

Be sure to follow the table for correct amount of dry eggs and correct amount of water.

For easier mixing, use ceramic, china or glass–but not plastic–bowl. Why? I can't say, except they mix better.

HINTS

If you wish to use dry egg mix in a recipe using other dry ingredients, add dry egg mix to dry ingredients. These recipes tell you how much water to use.

For those who get the egg mix, you can scramble eggs with it, make omelettes, cakes, custards, quick breads. You can use it in many, many dishes when the recipe calls for eggs. Be sure and use it in *many* ways, so that all of us can buy this at food stores; it tastes so good and will be inexpensive, and it will be ready to use whenever we need eggs.

Fresh eggs can be used in many different dishes from omelettes to breads, cakes, custards and puddings–and can be added to meat loaves, used for coating poultry, meat and fish, as well as scrambled, fried, poached and cooked in the shell.

Be sure to try some or even all of these egg recipes. Eggs are very good for children.

SCRAMBLED EGGS FOR FOUR

Stir *2 cups dry egg mix* with 2 cups water until all lumps are out.

Add *sprinkle of salt* and *¼ cup water or milk.*

Heat skillet hot.

Add *2 tablespoons fat, margarine or oil.*

Pour in egg mixture.

Turn heat to medium, cook slowly.

Stir when eggs start to set, not before.

Take off heat while eggs are soft, as they will continue to cook in the hot skillet.

Sprinkle a little *pepper* if you like. Eat hot. Serves 4.

For 2 people: *1 cup dry egg mix, 1 cup water, 2 tablespoons milk or water, sprinkle of salt.*

For 1 person: use *½ cup dry egg mix, ½ cup water, 1 tablespoon milk or water, pinch of salt.*

DIFFERENT SCRAMBLED EGGS

1. For *Onion Scramble*–sauté *(fry) 1 small onion,* chopped, in *1 or 2 tablespoons fat* until soft, not brown; add to *eggs* as you start to scramble.
2. For *Green Pepper Scramble*–cook as above, using *green pepper chopped and fried soft* but not browned.
3. For *Cooked Meat, Bacon, Luncheon Meat, or Chicken Scramble*–dice or mince the amount you wish, sauté (fry) and scramble as usual.

BASTED FRESH EGG

the best way to fry fresh shell eggs

Heat skillet, grease pan with *¼ or ½ teaspoon fat.*

Break *1 shell egg* in a dish.

Put *1 tablespoon cold water* in a cup.

Slip the egg into the heated skillet, pour water over the egg, cover immediately with a lid.

Cook 2 minutes or longer as you like your eggs.

Sprinkle a *little salt* and *pepper* and eat while hot.

"STRAIGHT-UP" FRIED EGG

Heat skillet until hot, add *¼ to ½ teaspoon fat.*

Break *1 shell egg* in a dish, put into heated skillet.

Turn heat to medium, fry until browned but not burned on bottom.

Eat hot, sprinkled with a *little salt* and *pepper.*

HARD-COOKED EGGS

used to be called hard-boiled eggs

Cold Water Method

Put *eggs* in pan. Cover with *cold water* completely and add *2 more inches of water.*

On medium heat, bring water to a boil, turn heat to low; simmer 25 minutes.

Run cold water immediately over the eggs. This will help to keep the yolks from getting greenish on the outside, and the eggs will be easier to handle.

Boiling Method

Bring *enough water to cover eggs* to a boil.

When water boils, carefully lower *eggs* into the boiling water. Eggs should be room temperature, so they don't crack.)

Turn heat to low. Simmer 25 minutes.

Run cold water immediately on eggs.

SOFT-BOILED EGGS

Put *eggs* in pan. Add a *pinch of salt* and enough *cold tap water to cover ½ inch* over the eggs. Bring to boil.

Take pan off heat, let stand 2 minutes for a 3-minute egg and 3 minutes for a 4-minute egg. You can change the time to suit the size of the eggs you are soft boiling.

EASY POACHED EGGS

Remove *eggs* from refrigerator.

Bring *water to cover eggs well* to a boil. Turn heat to low, wait until it simmers. Add *eggs,* cover, remove from heat, let stand 3, 4 or 5 minutes according to how you like your eggs cooked.

Remove the eggs with slotted spoon, season with *salt* and *pepper.*

This goes mighty well with hot margarined toast.

SHIRRED EGGS

Heat skillet with a *little fat.* When hot, add *eggs.* Fry ½ minute until a thin layer of white appears on the bottom.

Remove from heat, spoon *1 teaspoon water or milk or cream* on the eggs.

Place skillet 1 inch below the broiling unit, watching carefully, as it only takes one minute for the egg whites to set and the yolks to film.

Remove, season with *salt* and *pepper* and eat at once.

You can vary this by adding some heated tomato sauce, catsup, broiled bacon or cooked sausage.

FRESH SCRAMBLED EGGS

Mix *eggs* with a fork or an egg beater.

Heat a skillet, add some *margarine.*

Pour the eggs into the heated skillet, reduce heat to medium or low, stir with a wooden spoon or fork until all of a sudden (in 1 or 2 minutes) the eggs start to set.

Continue stirring until the eggs are soft, tender, and scrambled, yet a little moist. Remove from heat; the eggs will continue to cook. Season with *salt* and *pepper.* Don't overcook.

You can add luncheon meat, cooked or canned ham, onions, tomatoes, dried herbs or fresh chopped parsley, canned chicken, minced cooked potatoes or grated cheese—all make a more delicious scrambled egg dish, especially good as a luncheon or supper dish. Fry or heat the onions, luncheon meat, ham, tomatoes or cooked potatoes first, then add them to the eggs and scramble. The cheese you can add before the eggs are cooked or while the eggs are cooking—take your choice. It's good both ways.

Hint: When frying or browning eggs or other foods, let the skillet get hot before adding the fat; this keeps the fat from burning and gives it a better taste.

OMELETTE FOR TWO

with dry egg mix

Stir *2 cups cold water* into *2 cups dry egg mix* until all the lumps are out. Add *¼ teaspoon salt.*

Heat skillet hot. Add *2 tablespoons margarine.* Pour in egg mixture. Turn heat to medium or low.

Cook slowly; when eggs start to set, stir just about 2 or 3 times, then stop; and as egg sets, start slowly to fold over.

Eat while it's hot.

CHEESE OMELETTE

Grate *½ cup cheese.* Prepare the egg mixture as in the Omelette for Two recipe. Scramble only until eggs start to set, add the *grated cheese;* and, as eggs set, start slowly folding over.

FRESH-EGG OMELETTE

Use *2 eggs for each person*, add *1 tablespoon water or milk* and about a good *¼ teaspoon salt.*

Beat the eggs lightly. Heat the skillet hot, add *1 or 2 tablespoons margarine.* Pour in the beaten eggs.

Turn heat to medium low, lift the eggs as they set to let the uncooked part run underneath.

When the omelette is almost cooked, slip the spatula under the edge and start folding over.

Slide it onto a plate.

That's all there is to an omelette. It's easier to make than to read. You can add all the different meats, tomatoes, vegetables, onions, mushrooms, cheese that we suggested for the scrambled eggs; only put the food on top when the omelette is cooked and fold over.

My family loves best of all my "homemade strawberry preserves" with their omelette on a Sunday morning or as an extra-special dessert—and here's the recipe:

STRAWBERRY PRESERVES

as easy to make as it's delicious to eat

Use a heavy kettle or pot to cook.

Wash *1 heaping quart (4 full cups) firm, not over ripe, fresh strawberries* in a large bowl full of cold water, changing the water 3 times, lifting the berries out with your hands so as not to crush them. Remove the stems.

Bring *1 cup water* with *4 cups sugar* to a rolling boil, stirring now and then so it doesn't stick, until it becomes a syrup.

Add strawberries to the boiling syrup, bring back to a boil. Cook on high heat, don't let boil over, stir now and then, but don't crush the berries. Don't let burn.

Boil 12 minutes, remove from heat, and test by dropping a spoonful of jelly in a saucer and putting it in the refrigerator. After about 2 minutes, tilt the saucer to see whether it has formed a skin. If not, put back on heat, cook another minute, and test as before, taking off the heat while you test.

Continue this process until you can see a skin. It will depend on the

strawberries how long it will take. Usually it takes from 12 to 14 minutes; don't overcook.

Remove preserves to a large bowl. With a metal spoon, remove the scum by pushing it to the center and scooping it out.

Set aside until cold before ladling into small screw-top jars.

This is a strawberry *preserve*, not a jelly or jam. It has body, but it is runny; and each strawberry is beautifully whole in the juice.

The best place to store the preserve is in your freezer. The color, the beautiful aroma and the exquisite taste will keep, even for two years or more.

FRENCH TOAST WITH DRY EGG MIX

children and older people love French toast—and so do I

Mix *½ cup dry egg mix* with *1 tablespoon dry milk, 1/8 teaspoon salt* and *½ teaspoon sugar.*

Stir in *¾ cup water.*

Dip *4 slices bread,* preferably day-old bread, 1 slice at a time, into the mixture.

Brown both sides in fat in a hot skillet on medium heat to a golden brown.

Eat while hot with some of your homemade delicious, maple-flavored corn syrup or just a sprinkle of sugar or jelly. (Be sure to watch for sales on jelly, so you will get a bargain.)

Remember, oil or vegetable shortening is best to fry in.

FRENCH TOAST WITH FRESH EGGS

Mix *2 beaten eggs* with *¼ cup milk* and *1/8 teaspoon salt* and *½ teaspoon sugar.*

Dip *4 slices stale bread*, 1 at a time, in the mixture.

Brown on both sides in a hot skillet in oil, vegetable shortening, or margarine.

Eat hot. This makes a good luncheon dish, too.

EASY EGG DUMPLINGS FROM QUICKIE MIX AND DRY EGG MIX

Stir *2½ tablespoons dry egg mix* into *1 cup Quickie Mix.*

Add *½ scant cup water.*

Barely mix, just enough to moisten.

Drop by spoonfuls into boiling soup or stew.

Cover, cook 12 minutes.

Do not remove lid while it cooks. Makes 10 dumplings.

EGG DUMPLINGS WITH FRESH EGG

Mix *1 egg* with a fork.
Stir in *¼ cup + 2 tablespoons water.*
Add to *1 cup Quickie Mix* and barely mix.
Drop by spoonfuls into boiling soup or stew. Cover, cook 12 minutes.
Do not remove lid while it cooks.
Makes 10 dumplings.

NEW-WAY EGG DUMPLINGS

made with vegetable shortening, and as delicious as the old fashioned ones mother used to make

Heat the stew or broth while you make the dumplings.

Mix *1 cup flour with 1½ teaspoons baking powder* and *½ teaspoon salt.*

With a fork or pastry blender, add *1½ tablespoons oil,* flake until mixture looks crumbly or flaky.

Beat *1 egg* with a fork.

Add *¼ cup + 2 tablespoons nonfat milk.*

Pour into flour mixture. Barely mix.

Dip a tablespoon into the boiling broth or stew, then dip the spoon into the batter. (The batter will not stick to the spoon.) Drop by spoonfuls into the boiling broth.

Continue doing the same each time, until all have been added.

Cover immediately, turn heat to low, and cook 12 minutes. Do not remove cover while it cooks.

This makes about 10 dumplings.

HOMEMADE SOUPS

Soups may be old fashioned, and some people think they're out of date, but I wish these people would go to the food stores and see how many shelves are plumb full of every kind of soup. Canned soups are just about the bestsellers in our supermarkets and food stores. Everyone seems to like soup.

A cup of homemade soup is a delight to begin a dinner. And a plate of soup, rich with its good beef stock, and the trimmings, can make a meal.

Homemade soup will simmer to divine goodness on your stove,

bothering no one, while you go about your business. It can cook by itself while you relax in the evening looking at television; and you feel good, knowing that when the soup is finished all that lovely, luscious goodness will be gobbled up with such gusto! Here are recipes for all kinds of soups–quickie soups made with a base of chicken, beef, onion, or vegetable bouillon powders, canned soups, soups from scratch (or rather the soup kettle).

A GOOD BEAN SOUP

with plenty of taste

Wash *1 cup beans.*

Bring to a boil with *3 cups water.* Boil 2 minutes.

Put lid on, soak 1 hour.

Add more water, to make 6 cups.

Add *1 carrot chopped, 1 onion chopped,* a *ham bone or marrow bones,* or *smoked neck bones or neck bones* and bring to a boil.

Turn heat to low, put lid on, cook 1½ hours, add *salt* to taste, simmer about 1 hour or more (depending on the kind of beans) until beans are soft.

Sprinkle *pepper* to your taste.

For a different taste, add some *canned or fresh tomatoes,* whichever you happen to have–it looks pretty, too.

ANOTHER BEAN SOUP

Cook your bean soup as usual.

15 minutes before the beans are done, cut *4 frankfurters* (hot dogs) into slices, add to soup, cook 10 minutes, eat piping hot.

Hint: Remember, some beans take longer than other beans to become soft and tender. Don't keep stirring often, as that breaks the skin. Also, don't stir fast, stir *carefully.*

BEAN SOUP WITH SMOKED HAM HOCKS

a meal in a dish

Cook *1 package or 6 smoked ham hocks* in *8 cups water* for 1 hour.

While that's cooking, add *2 cups dry beans,* washed, to *6 cups water* and bring to a boil.

Boil 2 minutes, take off heat, put lid on, let stand 1 hour to soften.

Add the soaked beans, with the water they were soaked in, to the ham hocks and its broth.

Add, *chopped, 1 large onion, 2 carrots,* and *a small bunch celery leaves.*

Bring to a boil, turn heat to low, simmer about 2 hours until beans are soft (tender) and ham hocks are done.

Add salt only if the soup needs it, as the ham hocks are salty. Eat it hot, hot, hot, with some cornbread right from the oven!

A QUICKIE BEAN SOUP

a meal in a dish

Cook *4 hard cooked eggs.*

Open *2 cans Progresso macaroni and bean soup.*

Add *2 cups water* and *2 chicken or beef bouillon powder or cubes.*

Cut *4 franks in thick, mouth-sized slices.* Bring soup to boil.

Put in franks, cook until done; takes about 5 minutes.

In the meantime, peel eggs and slice. Pour the hot soup into soup plates, add the egg slices. Good eaten hot, with slices of thick crusty bread.

EGG DROPS FOR LENTIL, SPLIT PEA OR BEAN SOUPS

or just bouillon powder soup–take your choice

Egg Drop #1

Beat *1 egg* with fork.

Pour slowly, gradually, into gently boiling soup just before serving; cook 2 or 3 minutes.

Egg Drop #2

Put *1 tablespoon flour* in a small bowl.

Stir in *1 egg* and a pinch of *salt.*

Drop slowly into gently boiling soup just before serving; cook 2 or 3 minutes.

Egg Drop #3

Beat *1 egg* with a fork, add a pinch of *salt.*

Stir in *3 tablespoons flour* until smooth, using a fork.

Stir in *¼ cup water* until smooth.

Hold the bowl high and drop the egg mixture slowly into the gently boiling soup.

Cook about 3 minutes.

BOUILLON POWDER SOUP

Take *4 bouillon powders or cubes*, either chicken, meat, or onion.
Stir in *4 cups water.*
Heat until melted and bubbling.
Let boil slowly.
Hold the spoon or bowl high, and drop in the *egg drops.* Very tasty, very inexpensive!

SPLIT-PEA SOUP WITH ZESTY SMOKED NECK BONES

a meal in a dish

Do not soak split peas, it is not necessary.
Add *1 pound (2\cups) green or yellow washed split peas* to *10 cups water, 1 package smoked neck bones* (or plain neck bones), *1 large onion, chopped, 2 carrots* and *small bunch of celery leaves.*
Bring to a boil, turn heat to low, simmer about 1 hour, stir now and then.
Start adding a little *salt* at a time until soup tastes right.
Simmer about another ½ hour.
Add *pepper* to your taste.
You can make a different soup by not using the neck meat, cooking the split peas as usual, and adding *sliced frankfurters* or some diced canned meat and cooking about 10 minutes to heat and flavor the soup. These are wonderful for a dreary, rainy day or a cold day. Remember cornbread and rolled wheat bread goes fine with split pea soup.
If you don't have any meat on hand, make the split pea soup anyhow—it still tastes good. Of course, if you have some chicken or beef bouillon cubes, they "pep" up the flavor. Six to 8 bouillon cubes cost 12c to 16c and flavor 1 pound of dried split peas and 10 cups of water, which makes a lot of good soup.
For another change, add 1 can tomato soup with plain split pea soup. Children love this, and so will you. By the way, canned tomato soup is about the best-tasting bargain in the USA.

PLAIN SPLIT-PEA SOUP WITH CROUTONS

and plenty of flavor

Take out your *stale bread* and make some croutons. Put *margarine* on the *bread*, or leave dry. Cut into strips, then across into cubes. Place in 350° oven, bake until brown on both sides. Save until the soup is cooked,

then pass around for everyone to put a handful on top of his soup.

Wash *2 cups (1 package) dried split peas* under running water.

Add *split peas, 2 carrots, 1 large onion* and *1 bunch celery leaves* to *10 cups cold water.*

Bring to a boil, turn heat to low, simmer 1 hour to 1¼ hours–until peas are soft.

After the soup has cooked ½ hour add *salt to taste.* Do not add much, as you can add more when the soup is cooked.

Take out the carrots, onions and peas and push through a strainer back into the soup.

Bring back to a boil, add *pepper*, a piece of *margarine*, and *salt*, if necessary, and your soup is ready to serve.

PUREE MONGOLE

that's the fancy name for it–wait until you see how easy and tasty it is to make

Open *1 can Campbell's pea soup* (not split pea soup) and *1 can Campbell's tomato soup.*

Slowly stir the tomato soup into the pea soup.

Gradually stir in *¾ teaspoon curry powder, 6 tablespoons tomato sauce, ½ teaspoon nutmeg, 1 chicken bouillon powder,* and *1½ cups milk.*

Stir, cook until bubbling hot.

Eat.

You've never tasted anything so good!

LENTIL SOUP COOKED WITH MARROW BONES OR A HAM BONE

and eaten with croutons (a fancy name for older bread, margarined and cut into cubes crisped and browned in a hot oven)

If you want a meaty flavor, use the marrow bones. If you think ham bones are good only with bean soup, try them with lentils! Try them both to see which you like best.

Cook *marrow bones* or a *ham bone* in *11 cups cold water* 1 hour.

Add *1 package (2 cups) lentils* washed under running water and *2 carrots, minced, 1 small onion, diced, 1 stalk celery leaves or celery, minced,* and *1 or 2 medium potatoes* cut into quarters.

Cook together ½ hour, taste, add some *salt*, but not too much, as you can add more later.

Cook about 45 minutes more until lentils are soft; add *pepper* to taste and more *salt* if needed.

Make the croutons just before serving the soup; let each diner sprinkle a handful on top.

For a change make the lentils with marrow bones, (5 usually come in a package that costs about 15c) and add sliced frankfurters; cook about 10 minutes and eat. Men love this soup.

LENTIL SOUP AND PENNSYLVANIA DUTCH "RIVELS"

Wash *1 cup lentils* under running water.
Soak in *2 cups cold water* 1 hour.
Add *2 onion bouillon powders* and *4 cups water.*
Bring to a boil, turn heat to low.
Cook 12 minutes.
In the meantime, make the *rivels.*
Put *1 scant cup flour* into a bowl.
Break *1 egg* into the flour.
With your fingertips, work the *flour* and *egg* together into crumbs—it takes about 2 minutes. Some pieces will be larger than others, which is OK.
Let the broth boil gently.
Drop the rivels in, a little at a time.
Cook about 10 minutes without a lid on medium low heat.
These rivels are good with split pea soup, vegetable soup and cream soups, and they are so easy to make that you can stretch a skimpy meal with them.

CHICKENY CHICKEN SOUP WITH CHUNKS OF CHICKEN—OR TURKEY

a meal in a dish

Remove *broth and fat from 1 can boned turkey or chicken.*
Carefully take out the *whole pieces of turkey or chicken.* (Save the mashed pieces to use in another dish.)
Cut the whole pieces into bite-sized chunks.
Put the broth and fat into a saucepan.
Add *6 cups water* and *6 chicken bouillon powders or cubes.*
Dice *3 medium potatoes* and put in cold water while you break *2 cups fine or medium egg noodles* into pieces.
Add the *potatoes* and *noodles* to the boiling broth, bring back to a boil, cook 10 minutes.
Add the *pieces of meat* and *1 can (16 ounces) mixed vegetables.*
Bring back to a boil. Serve hot.
For a change, add 1 can (8½ ounces) cream-style corn and 1 can (8½ ounces) niblets corn instead of the can of mixed vegetables and noodles.

CORN CHOWDER TIME

that means any time you're hungry

Fry *¼ pound salt pork* in a heated skillet until crisp and brown.

Put *crisp pork* on a plate.

Fry *1 small onion chopped or ¼ cup* in the salt pork fat until soft and clear.

Add to *3 medium potatoes diced, 2 cups water* and *½ teaspoon salt* in a pot.

Cook 10 minutes.

Stir in *1 can (8½ ounces) cream-style corn* and *1 can (7 ounces) whole corn* with *4 cups milk, salt* and *pepper* to taste, and cook on low heat about 10 minutes to combine flavors. Add the *browned salt pork* just before eating.

Place a *cracker* in each dish and pour the chowder over the cracker. Some people just break the crackers into the chowder. This is a fine chowder and is nice for supper with some fresh fruit for dessert or some canned fruit.

POTATO AND EGG CHOWDER

a quickie meal with some fried luncheon meat or fried sausage on the side

Prepare *4 hard-cooked eggs.*

Dice a can of *luncheon meat* big enough for 4 people and fry until brown, not burned, with *1 medium onion minced* until soft and yellow.

Cook *4 medium potatoes,* diced with *water to cover* and *salt* to taste.

Cook until done.

Add *4 cups milk* or more as needed and *1 or 2 tablespoons margarine* and the *fried luncheon meat.*

Put the *sliced eggs* into the bubbling soup and serve.

QUICKIE RICE SOUP

Cook *1 cup rice,* which makes *3 cups cooked rice.* Bring *8 cups water* and *8 to 10 bouillon cubes* to a boil, cook until cubes are melted.

Mince *1 carrot, 1 small onion, 1 small sprig celery leaves,* add to broth, cook about 10 minutes until tender but not squashy.

Add *rice,* bring back to a boil, cook 1 minute and serve.

PEANUT SOUP

different and tasty

Mix *¼ teaspoon onion powder* and *¼ teaspoon celery powder* into *1 cup smooth peanut butter.*

Slowly stir in *2 cups canned chicken broth.*

Put *½ cup milk* into a screw-top jar, add *3 tablespoons flour* and shake.

Pour into the rest of the soup to thicken it a little.

Bring to a boil on medium heat, stirring so it won't stick.

Stir in *½ cup more milk.*

Heat and eat.

Easy? You bet! It's easy to eat, too.

MEAT

TIPS ON YOUR WEEKLY SHOPPING

First—be sure and make a shopping list! And to help you make your list and save money, here are *the Penny Pincher's cuts of meat and how to cook them.*

Beef

Penny Pincher's Cuts

1. Chuck—pot roasts, stews, soups, ground beef
    a. arm roast chuck
    b. blade roast chuck
    c. shoulder roast chuck
2. Ground beef—meat loaves, meat balls, hamburgers, spaghetti sauce, fillings, lasagna, shepherd's pie, and many other dishes
3. Shank or shin—soup, braise, stew
4. Plate or underside of rib—soups, braise, stew
5. Neck meat—stew, soups, ground beef
6. Neck bones—soup, to flavor dishes
7. Short ribs—soup, braise
8. Oxtails—soup, braise
9. Brisket with bone in—to make soup, roast, braise
10. Tongue—boil, braise, stew, pickle, smoke

11. Liver–fry, broil, chop, use as stuffing
12. Heart–braise, pot roast
13. Tripe–cook, fry, braise, stuff
14. Kidneys–stew, pie

Medium Priced Cuts

1. Chuck steaks–fry
    a. arm steak
    b. California steak
    c. rib steak
2. Flank steak–broil, fry, fill, pot roast, stews
3. Boned brisket–pot roast, soups, roast

Pork

Penny Pincher's Cuts

1. Country style ribs–barbecue, fry, cook with beans, cook with sauerkraut, as flavoring.
2. Pork maws–cook, roast, stuff
3. Fresh picnics–roast
4. Tails–soups, cook with sauerkraut
5. Neck bones–flavoring, with beans, barbecued, with sauerkraut
6. Liver–fry
7. Rib ends–fry, cook with sauerkraut, barbecue
8. Feet–souse, pickle, soups
9. Chitterlings–cook, fry
10. Fresh butts–roast
11. Spare ribs–barbecue, cook, soups, bake, flavor beans, lentils, split peas
12. Pork sausage–patties, stuffings, flavor, fry, add to other dishes.

Medium Priced Cuts

1. Loin end–roast, cook
2. Half pork loin–roast
3. Fresh hams–roast
4. Back bones (country style)–cook with sauerkraut.

Veal

Penny Pincher's Cuts

1. Shanks–broth, braised
2. Neck meat–ground into patties, soup, meat loaf

3. Neck bones–soup, barbecued, flavoring
4. Breast–stuffed roasted, stew
5. Ground veal, patties, fried, veal loaf, veal balls, spaghetti sauce, casserole dishes
6. Shoulder chops–fry
7. Shoulder roast–roast, stew
8. Kidneys–pie, sauté (fry)
9. Heart–bake, stew
10. Veal shanks–stew

Lamb

Hint: Lamb shouldn't be overcooked–serve it tender and pinkish.

Penny Pincher's Cuts

1. Breast–stews, stuff, roast, cook, soup
2. Neck meat–patties, lamb loaf, lamb balls
3. Neck bones–broth, flavoring, for beans
4. Shank–broth, braised, cooked with lentils, beans and split peas
5. Liver–fry, stew with onions
6. Heart–cook
7. Kidneys–cook
8. Shoulder chops–fry, braise
9. Shoulder roast–pot roast, braise, cook with beans

Sausage

1. Bologna–fry, flavor, sandwiches, bake
2. Salami–fry, flavor, sandwiches, bake
3. Frankfurters–boil, season with, fry, add to many dishes
4. Pork sausage–fry
5. Liver sausage–sandwiches, appetizer
6. Country sausage–fry

Chicken

This is the *Penny Pincher's choice:* There are so many ways to cook chicken that one cookbook couldn't hold all the recipes. This one has recipes for fresh chicken and canned chicken. Remember that canned chicken is not to be sneezed at. College Inn whole canned chicken is firm and easy to make all kinds of dishes. And remember that any canned food is already cooked.

HOW YOU CAN GET THE MOST FOR YOUR MONEY IN THE MEAT GROUP

1. Choose meats that have little bone or fat.
2. Ground beef, liver, stewing beef and even some canned meats cost less.
3. Canned chicken is inexpensive, and so is fresh chickens.
4. Meats with lots of bones may look like a bargain because of their cheap price, but they aren't really—can you eat bones?
5. The best buy is lean meat.
6. When you shop for meat, try to think of the cost per serving. How many servings can you get out of this piece of meat? Enough for your family? This will help you choose the best buy.
7. Eggs are another thrifty way to choose foods from the meat group. Remember they are good any time of the day, not just for breakfast.
8. You can combine dry beans and peas with meat or cheese and stretch your pennies.

What Counts as "One Serving of the Meat Group?"

1 slice of meat (3 ounces)
1/3 can tuna fish (6½ or 7½ ounce can)
2 eggs
1 cup cooked beans, peas, or lentils

How to Buy For Your Family

1 pound hamburger makes 4 or 5 servings.
1 frying chicken, 2½ pounds, makes 6 skimpy servings.
1 can tuna fish, 6½ or 7½ ounces, makes 2 to 3 servings.
1 pound dry beans makes 6 or 7 servings.
1 pound liver makes 4 or 5 servings.

What To Do With Spoiled Meat

1. If it's the store's fault, bring it back, don't be bashful.
2. If a food looks a funny color—
   If a food has a funny smell—
   If a food tastes funny—
   Throw it out! Nobody saves money by getting sick from spoiled food.

Further Tips on Storing Meat

1. If the food is kept cold in the store, it must be kept cold at home.
2. If the meat is frozen, it must be cooked as soon as the ice melts.
3. If the frozen meat is completely defrosted, don't refreeze it.
4. If the meat is partially defrosted, you can refreeze it.
5. Canned meat can be stored on a shelf until the can is opened.
6. When a can is opened, it should be used or put in the refrigerator until ready to use.
7. You can leave the food in the opened can in the refrigerator if you wish—but I think it gets a "canny" taste, so I always remove it from the can and put in a closed jar or covered dish.
8. If you do not have a refrigerator or ice chest, try to buy the amount of meat your family can eat at one meal.

Good Buys in Meat

1. Compare prices of sliced dried beef; for instance: 4 ounces nationally advertised dried beef was 69c; the supermarket's own brand was 39c for 4 ounces.
2. When buying corned beef, select a meaty piece, not a piece with congealed jelly as part of the piece.
3. Buy pork roll in 1 piece; it's cheaper than the prepackaged sliced.
4. When buying Lebanon bologna, compare the price of the store brand as against other brands; the store brand is usually cheaper.
5. An excellent buy is a whole piece of Canadian-style bacon which is comparatively inexpensive. Select a piece that hasn't much fat. This is delicious served hot or cold. Can be baked in the oven with mustard and brown sugar. Try the canned imported brands—they're cheaper and all meat.
6. Another good buy is boneless butt.
7. A good, inexpensive smoked sausage is Eckrich. Watch for sales. There's no waste to it, as it has very little fat, good to heat in foil, and many dishes can be made with it.
8. When buying fresh sausage, try to select ones that aren't so fatty. Prick the skin, fry slowly, not fast, and pour off grease as you fry. You can also broil sausage, pricking the skin for the fat to escape. When broiling, make sure the sausage doesn't lie in the fat, as you put it on a rack.
9. Scrapple is good; turn in flour to fry.
10. A good buy in ham is the shank portion. Select the shank cut from a big ham as you get more meat, nicer slices can be cut off it, and it's nicer to bake. Get the store to cut the small end off to cook with your beans.

11. Sometimes it pays to pay a bigger price for a special meat like "Hormel Cure 81" which is all meat, no waste. It's a better buy than ready-sliced luncheon ham, which is more expensive and also more fatty.
12. Turkey legs are a good buy. You bake as you do a whole turkey. It usually needs a little broth and basting, but it is quite good cooked with rice, onions and broth on top of the stove.
13. Large Cornish hens, 4½ to 5½ pounds, are sometimes good buys, meaty and delicious.
14. Tongues, both fresh and smoked, are good buys because they're all meat.
15. Plate beef isn't a good buy because it's expensive and full of fat.
16. Shin bones are a better buy--that is, the ones that have meat on them.
17. Boneless chuck is usually a good buy and is often on sale—select one that hasn't got hunks of fat in it.
18. Chuck arm is good and inexpensive.
19. Cross cut is more expensive but has good flavor.
20. Bolar roast, cut from the shoulder, is all solid meat, so it pays to buy it if you compare it with other shoulder meat that is not solid meat.
21. The eye of the round is expensive and is dryish. It has to be braised. It has no bone. You can roast it in aluminum foil with dried onion soup, which will make its own gravy.
22. Fresh pork butt is a good buy; select a meaty one. Watch for sales.
23. Pork ribs are not a good buy.
24. When you want to buy fresh pork chops, buy loin half in one piece and have it sliced into chops, have small end cut for cooking with sauerkraut—you can have two meals out of one-half loin.
25. Don't buy loin chops, as they're expensive—the one-half loin is cheaper.
26. Buy whole-piece half of ham instead of sliced fresh ham. Then have the store slice the ham.
27. Boneless beef stew is usually a good buy, as the beef is cut, and you can see what you're getting. Many times when you buy a whole piece of beef and cut it into stew pieces, you are paying for bones, and fat, instead of beef.
28. Boneless top rib is tender and makes a good stew.
29. It's most important to watch for specials in both chickens and meat.
30. Chicken is the cheapest and most tasty meat, and there are so many ways to cook it.
31. Don't forget chicken livers, pork liver, and beef liver, as they are good buys; chicken livers especially are cheap and delicious served over rice.
32. Chicken giblets make a fine fricassee.
33. Veal is usually high, but the breast of veal is both economical and

makes a delicious stew. It's a meal in a dish.

34. Flank steak is the only inexpensive steak that can be broiled and tastes like the higher-priced porterhouse and sirloin steaks.
35. Don't buy round steak to broil—it's too dry and too tough. Some supermarkets call round steak "London Broil"—don't buy it. London Broil is *flank steak*, which broils fine.

Cooking Tips for the Bride and the Rest of the Penny Pinchers

1. Remove meat from refrigerator hours before cooking to allow it to get to room temperature. How long? The thicker the meat, the longer.
2. Do not wash meat.
3. Do not soak in water.
4. Wipe meat with a damp paper towel.
5. Place roasts in pan with the fat on top.
6. Do not sprinkle a lot of salt on meat thinking it will go through the meat—it won't. Salt penetrates less than ½ inch; and too much salt toughens the meat.
7. Do not add water to a rib roast and do not baste.
8. As to the degree of heat to cook meat, individual recipes tell you how high or low.
9. Do not overcook meat.
10. Remove roasts and chickens from oven when done. Let stand 15 minutes before eating to let the meat set—this makes it easier to carve and preserves the juices. (This does not apply to pot roasts.)
11. Defrost your meat before cooking. It defrosts best in the refrigerator but takes longer than at room temperature, so give yourself time. If you forgot to defrost the meat, add 1/3 to ½ more time than usual to cook the meat.
12. The best time to buy is on weekends when the supermarkets have specials and sales. Many times it pays to buy a larger piece of meat and cut it into two or three pieces for two or three different kinds of meals. In this way, there will be no leftovers.
13. Chicken is always a good buy and especially fine for Penny Pinchers since it is cheap compared with other meats. There are usually lots of sales, so watch for them. Chicken livers, giblets, wings and backs are usually inexpensive and make fine dishes. The backs can be used to make tasty soup or a chicken stew and are especially nice cooked with rice or dumplings or in a pot pie.
14. To roast—
    a. Remove roast from refrigerator.
    b. Let stand until it gets to room temperature.
    c. Place fat side up on a rack; or in the case of a rib roast, on its

ribs, in a shallow roasting pan.

d. Roast required length of time.

e. Let roast rest 15 minutes before eating. It will be juicier and easier to cut.

15. To broil–

a. Place room temperature meat on a rack on a broiling pan, slash fat on outside of steaks and chops to prevent curling. (Chicken can be put on a shallow broiling pan without a rack; so can fish.)

b. Follow directions for your type of oven; with electric broiler, leave door slightly open while broiling.

c. Broil one side, then the other. Some new broilers broil on both sides at once.

d. Season with salt and pepper *after* you broil.

e. Tongs are wonderful to turn the hot meat.

f. Eat broiled meat hot on a heated plate.

g. Broil required length of time for individual meats. Thicker steaks are broiled farther from the heat than thinner steaks.

h. For a better taste, get thicker steaks and chops to broil. Fry the thinner steaks for the best flavor.

16. To pan broil (top stove cooking)–

a. Heat heavy skillet hot.

b. Do not add fat. Add a little fat only if needed at first.

c. Put meat in.

d. Cook fast at first, then reduce heat as meat requires, turn as necessary.

e. Do not cover pan.

f. Pour off fat as it accumulates.

g. Brown meat on both sides.

h. Season and serve at once.

17. To fry (top stove cooking)–

a. Heat skillet before frying meat.

b. Brown meat in a small amount of fat.

c. Turn and brown.

d. Do not cover.

e. Cook fast or slow as meat requires.

f. Season while frying or later as particular meat requires.

g. Serve at once on a heated plate.

h. Don't overcook.

18. To deep fry (top stove cooking)–

a. Coat meat with seasoned flour, cornmeal, crumbs or egg and crumbs, or batter. To help coating stick let stand 15 minutes before cooking (except when using batter or flour).

b. Heat right amount of fat in correct size pan (not too shallow or not too large).
c. Do not fill more than 2/3 full.
d. Heat fat to correct temperature. Test by dropping in small piece of bread—it should rise instantly and start browning right away.
e. Do not overcrowd.
f. Do not allow fat to smoke—adjust heat as you deep fry.
g. Fry until meat is done inside and golden brown on outside.
h. Drain well.
i. Don't splatter and burn yourself.
j. Serve while hot.
k. A pair of tongs are necessary for frying, as well as a frying basket.

19. To braise or pot roast (top stove cooking)—
a. Use a heavy utensil, deep or shallow according to the kind of meat.
b. Slowly brown meat.
c. Add small amount of liquid. Add more as necessary.
d. Cover pan tightly.
e. Use low heat.
f. Season well.
g. Good for less tender cuts of meat.

20. To simmer or stew (top stove cooking)—
a. Brown or not as needed for particular recipe.
b. Cover with liquid.
c. Bring to a boil, turn heat to low, simmer.
d. Season well—don't oversalt at the beginning, as salt concentrates as it simmers.

OLD-FASHIONED POT ROAST WITH OLD-FASHIONED DUMPLINGS

Buy a *3-pound thick chuck roast*, not rolled, with the bone out.

Slice *6 large onions* thin.

Fry the sliced onions in *2 or more tablespoons fat*, until soft and clear. Remove to a plate.

Brown the chuck all over in fat as needed, slowly.

Place fried onions in the bottom of your deep roaster, add the browned chuck rubbed with *1 teaspoon salt*.

Start the roast on high, turn heat to low, put lid on, simmer 2½ to 3 hours until meat is tender, turn once when it is halfway done. You will be surprised how much lovely-tasting gravy there is. You can thicken the gravy or serve as is.

Now for the dumplings:

Cube *9 slices bread* (you will have 16 cubes to each slice).

Mince *2 medium onions* fine, then fry them in *4 tablespoons margarine* until soft and clear.

Melt a *stick of margarine*, but do not burn.

In a large bowl, mix gently together the cubes of bread, the fried onions, the melted fat, *¼ cup minced parsley, 2 eggs* mixed with a fork, *salt* and *pepper* to taste.

Make the dumplings into balls the size of a quarter; don't mash.

Place the dumplings on top of the roast, not in the gravy.

Put a piece of wax paper over the roast before putting the lid on.

Turn the heat to high, to start steaming, then reduce to medium, and let the dumplings steam 15 minutes.

Take off lid, being careful not to spill the water in the wax paper on the dumplings..

Slice the roast, give everyone some of the dumplings, spoon some gravy over the roast.

Good news—the roast *and* dumplings reheat beautifully.

GOOD-AND-EASY POT ROAST

rich tasting

Brown *4 to 6 large onions, diced,* in *4 tablespoons fat,* adding more as needed. Onions should be soft and golden brown.

Rub *2 tablespoons flour* into a *3 or 4 pound chuck roast* and brown, make a bed of the onions, put roast on top.

Bring to a boil *½ bottle catsup* mixed with *1 cup water.* Cover.

Cook slowly on low heat about 2½ to 3 hours.

The beef will add flavor to the sauce, and the sauce will add flavor to the beef.

YANKEE POT ROAST

you asked for it, and here it is!

Sprinkle *1 teaspoon salt, ¼ teaspoon pepper, 2 tablespoons sugar,* and *2 or 3 tablespoons flour* over a *3 or 4 pound roast chuck* (with bone out preferred – don't roll).

Brown slowly in *2 tablespoons fat,* adding more as needed. Be sure to brown on all sides. This adds flavor.

When brown, add enough *boiling water* to cover the bottom of the pot.

Add *1 bay leaf* broken into pieces, *2 whole allspice,* a little bunch of *parsley* and *2 onions* cut in half.

Cover, simmer on low heat about 3 hours.

Check to see that there is always broth in the bottom of the pot, add boiling water as necessary so there is always about 1 cup. You can flavor the water by boiling with an onion or beef bouillon powder or cube or two.

The last hour of cooking, add *8 carrots* cut into halves, *8 medium potatoes* cut in halves, and *4 small onions*, all salted lightly.

If necessary mix about *2 tablespoons flour* into *¼ cup cold water* and thicken the gravy with this.

Taste to see if it needs more salt. You don't have to be a Yankee to like this pot roast!

BEEF STEW

for 6 to 8 people

Chop *2 large onions,* fry in *2 tablespoons oil,* more as needed, until onions are soft and yellow.

Brown *2½ or 3 pounds chuck cut into 1½ inch pieces* in about *2 tablespoons oil* as needed.

Bring *4 cups water* with *2 or 3 beef bouillon cubes or powders* to a boil; set aside ¼ cup to get cold.

Add *1 clove garlic, 1 bay leaf, 2 allspice,* and *2 tablespoons tomato sauce* and bring back to a boil.

Pour over the browned beef cubes and onions.

Turn heat to low, put lid on, simmer.

Cut *4 potatoes, 4 carrots,* and *1 green pepper* in quarters, add to the stew after it has cooked 2 hours.

Cook only until the vegetables are tender, which should take 20 to 30 *minutes.*

Taste, add pepper, about 1/8 teaspoon.

Before serving, remove the garlic, bay leaf and allspice.

If you like a thicker gravy, put the ¼ cup bouillon broth you had set aside into a screw-top jar, add 2 tablespoons flour, shake. Stir into the stew.

Stir until the stew thickens and is hot again.

For a change add *1 or 2 tablespoons Worcestershire sauce* or *1 tablespoon A-1 sauce* while the stew is cooking. Or add some of each, tasting as you go, and cooking a bit before adding more.

FLANK STEAK BROILED

called "London Broil"

Select as thick a *flank steak* as you can.

Don't let the butcher try to sell you a piece of round steak instead of flank steak. Round steak will be dry and tough; flank steak will be juicy and delicious, just like the higher-priced steaks.

Take steak out of refrigerator and let it come to room temperature.

Preheat your broiler; this makes for better broiling.

When broiler is hot, put steak on rack in broiling pan, brush with a little *margarine*. Broil 4 minutes.

Turn, brush other side with a little margarine. Broil 3 minutes. Your steak will be beautifully rare. If you like it more well done, just let it broil a minute or two longer on both sides until you get it as you like it.

Sprinkle on *salt* and *pepper*.

The secret to a good flank steak is to cut it with a sharp knife against the grain. Then it will be tender and juicy. Cut the slices as thin or as thick as you like.

STRIPS OF BEEF

plain but fancy eating

Cut *1 flank steak* across the grain into ½-inch strips.

Heat skillet. Put *1 tablespoon margarine* in skillet, more as needed.

Add enough strip steaks to brown quickly but not so many that they will steam.

Remove as they brown (it takes a couple of minutes), and brown all the pieces.

Sprinkle on *salt* and *pepper*. Eat while hot.

PEPPER STEAK

Cook *1 cup rice* as usual.

Cut *1 pound round steak* into ¼-inch-thick strips.

Dice *1 medium onion*.

In a large heavy skillet heat *2 tablespoons fat*.

Combine some *salt, pepper, 2 tablespoons flour* and sprinkle on the steaks.

Put the steak strips into the heated skillet and start browning; add the onions.

While these are browning, cut *2 green peppers* into strips about ¼-inch thick. Set aside until later.

Melt *1 beef bouillon powder or cube* in *1 cup water*.

Add to the steak, put lid on, bring back to a boil. Turn heat to low. Cook 10 minutes.

Add *1 pound can tomatoes, 2 teaspoons sugar, 2 teaspoons Worcestershire sauce;* bring to a boil, turn heat to low, simmer about 10

minutes. Add *salt* and *pepper* to taste.

Add the strips of green pepper.

Cook about 5 to 10 minutes to combine all the flavors and cook the peppers. Cook it only 5 minutes if you like the peppers crisp; many people cook it up to 10 minutes.

Serve with fluffy rice.

CHUCK STEAK OR ROUND STEAK IN TOMATO GRAVY

a very good-tasting dish—and how about fresh fruit for dessert?

Rub *2 tablespoons flour* into *chuck or round steak* ½ inch thick, about *1½ pounds.*

Brown in *2 tablespoons fat* on slow heat; brown, don't burn.

Cut into 4 pieces. Put into skillet or pan.

Sprinkle *2 onion or beef bouillon powders* on top. Set aside.

Fry *6 carrots,* peeled, each cut into 3 pieces, cooked with lid on low heat, in *2 tablespoons margarine* until the rawness is gone; this takes about 10 minutes.

Add to beef.

Mix *1 can tomato soup* with *½ cup water* and bring to a boil.

Pour over the meat and carrots.

Cook about ½ hour; add *½ teaspoon poultry seasoning.*

Taste to see whether *salt* is needed.

Continue to simmer on low heat until beef is tender (takes altogether about 1 hour or 1¼ hours). Right before serving, stir *¼ cup nonfat instant dry milk* into a little of the gravy; then stir this into all the gravy for added richness.

OLD-FASHIONED SWISS STEAK COOKED WITH ONIONS

Mix *4 tablespoons flour* with *1 teaspoon salt* and *1/8 teaspoon pepper.*

Pound half of this into one side of a *1½ pound piece of round steak.*

Turn and do the other side (you can use a plate or saucer).

Heat *2 tablespoons fat* in a skillet, add *2 large onions sliced* and stir; cook until soft and yellow.

Push onions to one side of the skillet, add the meat and brown on both sides.

Place onions on top of meat.

Add *1 cup boiling water* mixed with *1 beef bouillon powder.* Cover and simmer about 2 hours. Add *salt* and *pepper* to your taste. Cook until the meat is tender.

Fluffy mashed potatoes made out of your dried potatoes are

wonderful with this and so are hashed brown potatoes.

You can change the taste of this recipe by using 1¼ cups canned stewed tomatoes instead of the water.

BROWNED CHUCK MEAT AND POTATO BAKE

Buy 1 slice about 1 inch thick, *1¼ or 1½ pounds chuck* for four.

Rub *2 tablespoons flour* on both sides of the chuck.

Brown meat slowly until good and brown in *2 tablespoons fat* or more if needed.

Sprinkle *½ package of dried onion soup* on top.

Cook *4 medium potatoes* cut into halves in *water to cover*, add *½ teaspoon salt*, cook 5 minutes; save the water.

Gently put the potatoes on top of the chuck.

Pour the water in.

Add just enough more *boiling water to come 1 inch deep* in the pan.

Bring to a boil; put lid on.

Cook about 1½ to 2 hours until meat is tender.

When meat has cooked 1 hour, turn the meat over, baste the potatoes and see if more boiling water is needed for gravy. Some fresh or canned green beans or peas go fine with this.

STEAKETTES

on a day when you're so tired you can hardly lift a finger, lift out the skillet!

Buy as many *hamburger rolls* as your family can eat, and from the freezer case buy *Steakettes*—they come 10 to a package.

Heat the brown side of the rolls in a skillet with no fat, (watch carefully, it takes only a minute), turn and brown the *margarined* cut side; or margarine the opened rolls and toast under the broiler. Put on plates.

Quickly fry the Steakettes in a *little margarine*, adding more as you need it. This takes only a minute.

Have on the table your favorite *hamburger relish* or *pickle relish* or *catsup*. Most everyone will probably spoon some on their Steakette before eating.

SLICED MEAT WITH SWEET POTATO TOPPING

Slice *4 slices canned chopped luncheon meat* ½ inch thick.

Heat the slices in a hot skillet.

Mix *1 tablespoon melted margarine or butter* with *1 teaspoon*

cinnamon and *1 cup corn syrup,* flavored with *¼ teaspoon maple flavoring;* or use regular syrup or orange marmalade.

Put *4 slices canned sweet potatoes* on each slice of meat.

Sprinkle syrup mixture on top of each slice.

Cover, bring to a boil, turn heat to low. Cook 8 to 10 minutes until meat is browned on bottom side.

LENTILS AND LUNCHEON MEAT

or whole frankfurters for a meal in a dish–potatoes, too!

Wash *1 cup lentils* under running water.

Soak in *2 cups cold water* 1 hour.

Mince *2 carrots fine, 1 medium onion, 1 stalk celery,* peel and cube *4 medium potatoes.*

Put *2 tablespoons margarine* in a skillet, add more if needed, and add the onions, celery, carrots.

Cook, stir until onions are soft and clear.

Put the potatoes on top, sprinkle with a *little salt,* put lid on, bring to a boil, turn heat to low, cook about 20 minutes until the potatoes are tender.

Add *2 beef bouillon powders* to the soaked lentils and its soaking water, and bring to a boil. Turn heat to low, put lid on, cook 12 minutes until lentils are cooked.

Add the potato mixture to the lentils; don't crush. Taste to see if salt is needed and add some *pepper.*

Add *squares of fried luncheon mean* or *sliced frankfurters,* or you can make little *meat balls* which you brown first and then add to the vegetables to have a superb meal in one dish!

QUICKIE CORNED BEEF PATTIES OR LUNCHEON MEAT

tasty with either

Chop well *2 cups luncheon meat or corned beef.*

Break *8 crackers* into pieces.

Put into *½ cup warm water,* let stand 15 minutes to soften.

With a fork mix *1 egg,* don't beat.

Pour the egg and the cracker mixture over the chopped meat.

Mix together with your hands.

Shape into 4 patties, oblong, not round.

Dip into *bread crumbs.* Coat. Brown in heated *2 tablespoons vegetable shortening or oil,* turn and brown the other side.

With slaw for a salad and a can of Great Northern beans heated with 1 tablespoon margarine and a sprinkle of pepper, you've got a good, good meal in just a few minutes.

FLAVORED REAL-TASTY CRUMBS

keep in refrigerator, use as you need them

Put *1 cup crumbs* in a bowl.

Add *3 tablespoons oil;* mix together with your hands.

Add *¼ teaspoon onion salt, ¼ teaspoon garlic salt, 1 tablespoon dried parsley, 1/8 teaspoon salt.*

Mix everything with a spoon. Add *pepper* to your taste.

BEEF AND GRAVY OVER BISCUITS

you can use canned luncheon meat or leftover cooked or canned meat

Make *large size biscuits* from your Quickie Mix, or use your Self-Rising Flour.

Melt *3 tablespoons fat;* fat from canned meat is fine, or use margarine.

Take off heat, stir in *¼ cup flour,* stir on low heat 2 minutes, don't burn.

Bring *3 cups water and 4 bouillon cubes* to a boil, cook about 5 minutes until cubes are melted. Gradually stir this broth into the flour mixture, cook until thickened.

Add *½ can beef,* broken into small pieces, heat, add *salt* and *pepper* if necessary.

Spoon the hot beef gravy over the opened biscuits. Man! That's good eating!

MEAT AND WHIPPED POTATO BAKE

you can use canned luncheon meat or leftover cooked or canned meat

Preheat oven to 400° (hot oven).

Fry *1 medium onion,* chopped, until soft in fat (takes about 3 to 5 minutes).

Stir into *½ can meat or 1 can luncheon meat,* crumbled.

Mix *½ cup dry egg mix* or *2 fresh eggs* into *6 cups mashed potatoes.*

Add *1 cup cheese,* grated, and the crumbled meat and onions. Add a *little milk* if necessary.

Add *salt* and *pepper* if needed.

Put some small pieces of *margarine* on top.

Bake in 400° oven until browned.

Serves 6.

TAMALE PIE

Stir *3 cups water* into *1 cup cornmeal* with *1 teaspoon salt.*

Bring to a boil, turn heat to low, stir in *1 tablespoon margarine.*

Cook, stir about 10 minutes until it thickens.

Pour half of the mush into a greased skillet or baking dish; keep the other half over hot water so it won't harden.

Fry *1 small chopped onion* with *½ chopped bell pepper* until onion is soft and clear.

Add *1½ cups canned tomatoes, 1 tablespoon sugar, 1½ teaspoons sweet chili powder* or *1 teaspoon poultry seasoning, ¼ teaspoon pepper, 2 cups canned meat,* chopped fine, and *salt* if necessary.

Cook together about 15 minutes until thick.

Spread the meat mixture over the cold mush, cover with the rest of the mush.

Bake in 400° oven about 45 minutes.

CHILE CON CARNE

Fry *1 can luncheon meat,* mashed or chopped, in *oil or fat from can, until lightly browned; or fry 1 pound hamburger.*

Add *medium onion,* minced, *minced stalk celery,* and *chopped green pepper.*

Fry about 2 minutes. Add *clove garlic* if you like.

Stir in *1 #2 can tomatoes, 1 tablespoon sugar;* simmer 15 minutes.

Add *2 teaspoons sweet chili powder* (or hot chili powder to your taste).

Simmer 30 minutes.

Add *3 cups cooked beans and bean liquid* or *2 cans firm brand red kidney beans (1 pound 4 ounces),* and simmer another hour.

Taste to see if *salt* is needed; sprinkle *pepper* in.

MEAT STEW AND DUMPLINGS FROM CANNED MEAT

from canned meat

Shred *1 small green cabbage* fine.

Cook in *boiling water to cover for* 8 minutes; drain the cabbage.

Add the cabbage water to *enough water to make 4 cups.*

Stir in *4 beef bouillon cubes;* cook until they melt.

Put *½ cup water* in a screw-top jar, add *4 tablespoons flour, shake until flour is mixed.*

Stir into the bouillon water, cook until thickened.

Add *2 cups cooked beans, 1 medium onion,* minced, *1 can luncheon meat* or other canned meat, cubed, and *1 or 2 tablespoons fat* from the can; heat, stir carefully, don't mash.

Add *salt* and *pepper* to taste; stir in cooked cabbage lightly.

Make the dumplings by mixing *1 cup flour* with *1½ teaspoons baking powder, ½ teaspoon salt, 2 tablespoons dry milk, 2½ tablespoons dry egg mix or 1 fresh egg.*

Cut in *1½ tablespoons vegetable shortening.* Add *½ cup water,* mix just to moisten.

Drop by tablespoons into the boiling stew. Put lid on, turn heat to low, cook 12 minutes without removing the cover. You can vary this stew by adding rice, canned string beans, canned peas, or whatever you have on hand, such as squash, which you wash well and cube, or sweet potatoes, cubed, or green peppers, or any fresh vegetable, or tomatoes with a little sugar or corn syrup added. This makes a delicious stew with dumplings.

MEAT PATTIES WITH GRAVY

Chop *1 can luncheon meat,* add *1 small onion,* chopped fine, *1 cup rolled wheat or oats, 2 tablespoons dry milk, 1 fresh egg* and *1/8 teaspoon pepper.*

Mix together; shape into 8 patties.

Make gravy by stirring *3 chicken or beef bouillon cubes* into *2½ cups water* on medium heat.

Shake *¼ cup water* with *2½ tablespoons flour* in a screw-top jar.

Slowly stir into the gravy, cook, stir until it thickens (takes about 5 minutes).

Brown patties in greased skillet on both sides; don't burn.

Pour gravy over patties, put lid on, bring to a boil, turn heat to low, simmer about 10 minutes.

Taste to see if *salt* or *pepper* is needed. Serve piping hot over rice, potatoes or crispy biscuits.

FILLED MEAT ROLL FROM QUICKIE MIX

good enough for a party!

Preheat oven to 450° (very hot oven).

For the filling: mash very fine *1 can luncheon meat* (use a potato masher, pastry blender, or your clean hands).

Add *2 small onions, chopped fine, 1 or 2 fresh eggs or ½ cup dry egg mix mixed with 2 tablespoons dry milk, ¼ teaspoon cinnamon, ¼ teaspoon pepper.*

Mix together very well.

For the dough: mix *3 cups Quickie Mix* with *½ to ¾ cup water,* just to blend.

Make into 3 balls, knead about 12 times, put on floured surface, roll

(use a floured glass to roll if you have no rolling pin); each piece should be about 12 inches long by 6 to 8 inches wide and 1/8 to 1/4 inch thick.

For a good pastry-like dough, it should be thin.

Spread the filling on this dough, leaving an inch edge of dough all around.

Roll up like jelly roll or pinch the 2 edges together.

Place on baking sheet, brush with *milk or melted margarine.*

Don't put rolls too close together, as they spread.

Bake in preheated hot oven (450°) about 15 to 20 minutes or more.

Cut into slices and serve hot.

You can vary this by cutting each roll before baking into 8 slices or pinwheels, then baking as before. It doesn't take as long to bake this way.

These meat rolls are good with soup or with gravy made with *3 tablespoons fat from your can of meat or other fat,* melted, such as margarine.

Take off heat, stir in *4 tablespoons flour,* cook and stir 2 minutes; don't burn.

Take off heat, stir in *2 cups milk or evaporated milk* and a *bouillon cube,* if you don't use the fat from the can.

Cook about 3 to 5 minutes.

Serve it to the family to spoon over their meat roll.

Or stir ½ cup milk into 1 can of mushroom soup and heat. This makes a delicious sauce.

Ground beef is truly the Penny Pincher's way to have many different good-tasting dishes that are still very easy to cook. Try to buy your ground beef in a food store that knows ground beef should be ground beef, not fat with a pinch of ground beef. If your hamburgers shrink to half in cooking, change your butcher—he's hopeless. There's no use wasting your smile or your money on him!

GROUND BEEF

or hamburgers—taste good no matter what you call them; these are different and delicious.

Put *2 slices preferably day-old bread,* with crust cut off, into a large bowl.

Add *½ cup nonfat milk* and crumble together.

Lay *1 pound ground beef* on top, grate *1 large onion,* add *1 egg* mixed slightly.

Use your clean hands to mix well, add a little *salt,* taste, continue until you have the right amount of salt.

Shape into oblong cakes about ¾ inches thick.

Brown the cakes lightly on both sides in a hot skillet in *2 tablespoons fat.*

Turn the heat to low, put lid on. Cook 10 minutes.

Serve right away.

You will find these hamburgers deliciously juicy and light. They go fine with boiled potatoes and a green salad or slaw.

SPAGHETTI SAUCE

when you're not in a hurry

Fry *1 large onion, chopped,* until soft and clear.

Add *1 pound ground beef* and cook a few minutes.

Add *2 large cans tomatoes* (1 pound 12 ounces) strained, *1 cup water,* and *2 small cans* (6 ounces) *tomato paste, 2 garlic cloves, 1 tablespoon sugar, 1 teaspoon dried oregano,* and *salt* to taste.

Simmer without a lid about 2 hours, being careful to stir now and then so it doesn't stick. Taste to see if more salt is needed, and add a sprinkle of *pepper* when the sauce is cooked.

Pour over spaghetti.

Sprinkle some grated *Parmesan cheese* on top.

SPAGHETTI SAUCE

when you're in a hurry

Open a *can or two of your favorite spaghetti sauce,* add a little *garlic, pepper* and *sugar* if necessary.

Fry *1 pound hamburger* in *oil or margarine* a few minutes, add *salt* to taste. Add to the sauce and cook about 10 minutes to combine flavors.

Spoon over the spaghetti.

Grated *Parmesan cheese* is fine sprinkled on the spaghetti and sauce and gives added flavor.

LASAGNA AND MEAT SAUCE

Cook *1 small bag or box large square tender noodles* according to directions on package.

When cooked, set aside in a bowl of cold water to keep from sticking while you make the sauce.

Remove *3 pounds fresh tasty sausage* from skin (don't buy the fatty ones). Scramble until soft but brown.

Add *2 large cans* (1 pound 12 ounces) *tomatoes,* pushed through a strainer, with *2 cans* (6 ounces) *tomato paste, 1 or 2 tablespoons sugar, 3 onion boullon powders, 2 cups water, ½ teaspoon garlic powder* and *½ teaspoon dried oregano.*

Cook the sauce about 30 minutes to combine flavors.

Put a layer of meat sauce in a baking dish, then a layer of the square noodles, then a layer of *cottage cheese or ricotta cheese*.

Put another layer of square noodles, then a layer of the meat sauce, then a layer of *mozzarella cheese*, and keep repeating until you have used up everything in layers.

Sprinkle some *Parmesan cheese* on top.

Bake in oven about 1 hour.

DEEP-DISH MEAT PIE

Preheat oven to 450° (very hot oven).

Mix *1 package Lipton's dried onion soup* with *1 pound ground beef* and *1 green pepper*.

Stir, cook with *2 tablespoons margarine* until beef is cooked (takes a few minutes).

Stir in *1½ cup milk* with *¼ cup flour in screw-top jar and stir into the* hamburger mixture.

Stir, cook until it thickens. Pour into a pie plate.

Make the crust by mixing *1 cup flour* with *1½ teaspoon baking powder* and *¼ teaspoon salt* and *1 tablespoon sugar*.

Crumble in *3 tablespoons vegetable shortening* until it looks like meal.

Flake in *2 tablespoons margarine*, leaving some of the lumps as large as peas.

Gradually stir in about *¼ cup milk* and gather up into a ball.

Place on floured surface, knead 12 times.

Roll out to fit the pie plate.

Place on top, cut slits to let steam escape.

Brush with a *little milk*.

Bake in preheated oven about 45 minutes. (Or you can buy a frozen crust if you prefer.)

OLD-FASHIONED MEAT LOAF

a man's dish good for two meals; delicious eaten cold, too

Preheat oven to 450° (very hot oven).

Cut off crusts from *4 slices bread* and place in a large bowl.

Add *1 cup nonfat milk* and crumble together.

Put *2 pounds ground beef* on top.

Grate *1 large onion* over meat.

Add *2 eggs* mixed slightly with a fork.

Use your hands and mix all together.

Add *salt*, a little at a time, taste, until you have just the right amount.

Grease a casserole or baking pan.

With your hands or a spoon, shape the mixture gently into a loaf shape without pressing or making it compact and put into the casserole. (The casserole is best, because the meat loaf can expand; also, you have room for the sauce.)

Place in 450° oven to brown (takes about 20 minutes).

In the meantime, make your sauce by mixing *1 cup catsup* (Del Monte is excellent) with *½ cup water* and *1 beef or onion bouillon powder or cube.* Bring to a boil.

Add ½ of this hot sauce around the meat loaf.

Reduce heat to 325°, bake about 1 hour.

If necessary, add a little more sauce, but be sure to save some of the sauce to heat and eat with the sliced meat loaf.

This meat loaf is delicious eaten cold and sliced thin; it's always welcome in a sandwich, too.

SLOPPY JOE ON A BUN

Fry *½ cup each diced onion, celery* and *green pepper* in *4 tablespoons margarine* with *1 pound ground beef* until beef is light brown and onion is soft and clear. Add *salt* to taste.

Mix in *1 tablespoon each sugar, flour, vinegar* and *1 teaspoon wet mustard.*

Stir in *1 cup catsup.*

Simmer about 15 minutes. Spoon mixture onto heated buns.

MEATBALLS AND LENTILS

happily married together–a good meal in a dish

Wash *2 cups (1 package) lentils* under running water.

Soak in *2 cups cold water* 1 hour.

Add *2 beef bouillon powders.*

Bring to a boil, turn heat to low, simmer 12 minutes, adding *pepper* to taste.

While the lentils are cooking, crumble *2 slices bread,* crusts cut off, into *½ cup milk.*

Add *1 pound ground beef* and grate *1 medium onion* over meat, then add *1 egg.*

Mix together, adding *salt* a little at a time to taste.

Make into balls the size of marbles.

Brown the balls quickly in *margarine;* don't cook, just brown.

Drop the balls into the bubbling lentils.

Cook about 15 minutes. Taste to add seasoning, if necessary.

Eat bubbly hot.

A crispy, crunchy green salad goes good with this, and plenty of bread—how about some fresh pumpernickel?

QUICKIE RELISH AND GROUND BEEF

In a skillet with *1 tablespoon margarine* cook together *1 pound ground beef* and *1 jar sweet relish* about 5 to 10 minutes.

Spoon onto a heated roll.

Very tasty.

GROUND BEEF AND MACARONI

Cook *½ of 8-ounce box macaroni* following the instructions on the box, drain, mix with *2 tablespoons margarine,* set aside.

In a skillet cook *1 pound ground beef* with *salt* and *pepper, 1 can tomato puree (1 pound), ½ cup water* and *1 chopped onion* for about 10 to 15 minutes.

Taste, add *salt* if needed and *pepper.*

Add the cooked macaroni and heat together.

SMOKED TONGUE

no bones, just delicious meat

Cook this the night before, so you can have it ready when you come home tired from work; or make it on Sunday for Monday.

Take the *smoked tongue,* put it in *water to cover* and then add *1 quart* (4 cups) *more water.*

Let the water come to a boil, add *2 tablespoons sugar,* turn heat to low, put lid on, simmer until the tongue is tender—takes about 3 to 4 hours.

When done, take out of the broth, cool.

When cool enough for you to handle, peel off skin.

Slice nicely, eat with canned beans and some cabbage slaw.

You get a lot of meat for your money when you buy a tongue, and smoked tongue is very tasty.

FRANKS WITH RICEALENTIL

Cook *1 cup rice* as usual in *2 cups water.*

Cut *1 package frankfurters* into bite-size pieces.

Soak *1 cup lentils* in *2 cups cold water* 1 hour.

Bring the lentils and water with *2 chicken bouillon powders* to a boil, put lid on, turn heat to low, cook 12 minutes.

Cook *7 carrots*, minced, with *1 teaspoon sugar, ¼ teaspoon salt* until tender, not mushy.

Mince *1 medium onion*, fry in *2 tablespoons margarine* until soft and clear, then barely brown.

Combine lentils, carrots, onions and rice to make ricealentil.

Add *½ cup water* brought to a boil with *2 chicken bouillon powders or cubes.*

Bury franks in ricealentil.

Put into oven, bake 20 minutes or until hot; or heat on top of stove for a quicker quickie.

SCRAPPLE

takes half the usual time

Put *2 cups yellow cornmeal* in a pan, gradually stir in *5 cups cold water* and *6 chicken bouillon cubes or powders.* Let it come to a boil while you stir all the time to keep it from lumping. Turn the heat to low.

Break up fine *2 cups fresh, tasty (not smoked) sausage meat*—use your hands.

Stir the sausage meat into the cornmeal thoroughly, stirring all the time for 5 minutes.

Put this pan in a larger pan with some water, or use a double boiler. Bring to a boil, turn heat to low, cook with lid on 1 hour.

Put the cooked scrapple into 2 pans, so that you can slice it better.

Cool, keep in refrigerator.

Slice about ¾ of an inch thick when you are ready to fry it.

Grease a skillet with a *little fat*, fry the scrapple on low heat until golden brown; turn and fry the other side.

Eat with some *syrup* or as you wish.

PAN-FRIED PORK CHOPS WITH COUNTRY GRAVY

Heat a skillet with *2 tablespoons fat.*

Roll *4 lightly salted pork chops* in *seasoned flour.*

Brown slowly, don't burn.

Add *½ cup boiling water* to cover bottom of pan.

Turn heat to low, cook chops covered, slowly, about 30 minutes, turning once.

Put on a heated plate while you make the gravy.

Take out the fat, leaving *2 tablespoons.*

Stir in *2 tablespoons flour*, cook on low heat 3 minutes.
Gradually stir in *1 cup milk*, cook until thickened.
Taste to see if it needs more seasoning.
Pour over a good hot biscuit or bread. Sop up all that good gravy!

PORK GRAVY

Make some *hot biscuits* and have them ready.
Take out *¼ cup fat* from the can of pork. Heat in skillet until all water is gone and fat is left.
Stir in *4 tablespoons flour*, brown on low heat, but don't burn.
Gradually stir in *2 cups milk* and cook about 5 minutes.
If necessary, add *salt* and *pepper.*
I like to add a little of the pork to the gravy. Try it and see how you like it.
Pour the hot gravy over the hot biscuits. Serve with some beans. Children love this.

SPARERIBS AND SWEET-SOUR RED CABBAGE

a meal in a dish, and what a dish!

Cut *enough spareribs for your family* into individual sections or pieces.
Brown in broiler on both sides to get rid of most of the fat.
Cut *1 red cabbage* into pieces and chop, removing hard core.
Put cabbage in a kettle with *2 cups canned apple juice* and *½ cup vinegar.*
Add *½ teaspoon salt, 1/8 teaspoon pepper,* and *2 tablespoons sugar.*
Bring to a boil; add the browned spareribs.
Cover, place in 350° oven (moderate oven); cook 1½ hours.
Remove lid, cook ½ hour, put spareribs on top to crisp up a little.
Whipped potatoes are good with this.

PORK AND SAUERKRAUT

Brown a *pork shoulder roast* or *6 fresh pork hocks* in *2 or more tablespoons fat.*
Add *1 cup onions, chopped, 1 teaspoon salt, 1 teaspoon poultry seasoning, 1 cup boiling water, 1 tablespoon vinegar.*
Bring to a boil. Cover, turn heat to low, simmer about 1 hour.
Add *1 can* (# 2½ size) *sauerkraut*, cook about 1½ hours until pork is done.
Boiled potatoes or sweet potatoes are good with this.

SIZZLING FRESH SPARERIBS

Sprinkle *salt* on racks of *spareribs,* each in 1 piece.

Place on rack, meat side up.

Bake in 400° oven 30 minutes.

Reduce heat to 350°; turn spareribs, bake 30 minutes.

Brush on *sauce;* bake 10 minutes.

Turn meat side up, brush on sauce; bake 20 minutes, basting with sauce twice.

The ribs should be tender, moist, and have a lovely glaze.

Cut with scissors and have fun eating!

Sauce

Mix *1 cup honey* with *½ teaspoon onion powder, 1 teaspoon garlic powder, ¼ teaspoon ginger,* and *1 cup vegetable oil, ¼ cup of white vinegar, ¼ cup soy sauce* and *¼ cup sherry wine.* You can use a blender if you wish.

This is a lovely sauce with broiled chicken too.

CHOP SUEY

Cook *2 cups rice* as usual.

Cut *1 pound lean, boneless pork* into thin strips and brown lightly in *2 tablespoons fat.*

Add *1 bunch scallions* cut into 1-inch pieces, *1 cup chopped celery, 1 can (8 ounces) drained sliced water chestnuts, 1 4-ounce can sliced mushrooms with juice.*

Stir in *2 cups water* with *3 chicken, beef or onion bouillon powders.*

Cover, simmer on low heat 20 to 30 minutes.

Add *1 tablespoon soy sauce* mixed with *2 tablespoons water* and *2 tablespoons cornstarch.*

Cook and stir 5 minutes.

Serve hot over the cooked rice.

If you can use canned pork, cut the pork into strips and follow the rest of the recipe, but add the canned pork strips the last 5 minutes.

PORK AND SCALLOPED POTATOES

easy cooking, since the pork comes from a can

Peel and slice thin *1 large onion.*

Peel and slice *5 medium potatoes,* cook in *lightly salted water* about 5 minutes.

Arrange half of the sliced potatoes in a greased baking dish.

Sprinkle *salt, pepper,* and *1 tablespoon flour,* then dot with *margarine.*

Put a layer of half the sliced onion on top, dot with *margarine.*

Make a third layer of *¼ can of pork.*

Repeat.

Put a layer of sliced potato on top. Salt and dot with margarine.

Add *1 cup milk* or enough milk so that you can see the milk between the slices of potatoes on top.

Cover and bake in 350° oven (moderate oven) 45 minutes to 1 hour, until potatoes are tender.

Remove cover, let potatoes brown, which takes about 15 to 20 minutes.

FRESH PORK BUTT OR SHOULDER ROAST

these are bargains when on sale, but choose the meaty one

Sprinkle a *3½ pound pork butt or shoulder roast* with *1 teaspoon salt* and rub on *½ teaspoon dry poultry seasoning.*

Place on rack, fat side up, in a 350° oven.

Put *1 cup water* in bottom of roaster.

Baste several times.

Roast about 3 to 4 hours, turning the roast when it is halfway cooked and sprinkling some *pepper* on.

Melt *1 jar* (10 ounces) *apple jelly* on low heat 1½ hours before the roast is done.

Spoon the apple jelly over the browned fatty side, and continue to roast the last 1½ hours. The apple jelly will glaze the roast.

You can make a good gravy from the drippings. Remove most of the fat, leaving 1 tablespoon, and stir in *1 cup water, 1 tablespoon vinegar.* Shake *2 tablespoons flour* in a screw-top jar with *¼ cup water,* stir into the gravy to thicken.

Cook, stir about 5 minutes.

OLD-FASHIONED STUFFED HOG MAW

become acquainted with some of the tastiest of "the good old days"

Rinse *1 cleaned hog maw.*

Remove *2 pounds smoked sausage* from casing. Eckrich makes an excellent sausage.

Fry gently *1 large onion, minced,* until soft and clear.

Peel and cube *4 potatoes* and put in cold water until ready to use.

With your clean hands, mix together potatoes (don't crush), sausage and onions.

Add *salt* and *pepper* to your taste. Stuff the hog maw with sausage-potato mixture.

Sew the openings; there are more than one.

Put in pan with *water that comes ¾ way up.*

Bring to a boil, put lid on, turn heat to low. Cook slowly 2 to 2½ hours until done, turning 3 times.

Place in 350° oven (moderate oven). Put enough cooking broth to cover bottom of pan, about ½ inch. Brush with *margarine,* bake uncovered about 20 to 25 minutes until brown. Turn, brown the other side. The hog maw is more tender if cooked until done on top of the stove but looks prettier if browned in the oven.

PICKLED PIG'S FEET

supermarkets have cleaned pig's feet, which is a big help

You can ask the butcher to split *4 pig's feet* or leave whole.

Put pig's feet in a pan.

Cover with *cold water* (about *1½ cups*).

Add *½ cup vinegar.*

Add *½ bay leaf, 1 carrot quartered, 1 onion cut in half, ¼ teaspoon whole cloves, ½ teaspoon dry mustard, ¼ teaspoon salt* or more to taste, *2 peppercorns, ½ red pepper pod.*

Bring to a boil. Put cover on. Turn heat to low, simmer until pig's feet are tender. May take four to five hours to cook.

Some people cook the pig's feet with vegetables, such as potatoes, carrots, green peppers, and have a meal in a dish. Some eat it with rice.

"EASY-DO" HAM

Preheat oven to 400° (hot oven).

Remove the gelatin from a *3-pound canned ham.* (It is usually too salty.)

Pour *1 cup sweet pickle juice* over the ham, or mix *1 cup vinegar* with *½ cup water,* sweeten with *½ cup sugar,* and mix with a *tablespoon "mixed pickling spice."* Cook about 5 minutes until vinegar mixture is tasty.

Rub *½ teaspoon ground cloves* over the ham.

Sprinkle *2 to 4 tablespoons sugar* over the ham, depending on how salty it is.

Bake in 400° oven about 1½ hours with lid on, turning after ½ hour so both sides cook in the pickle juice.

This is a juicy ham with a delicate flavor that is good either hot or cold.

SLICED PORK WITH STUFFING

Make stuffing:

Brown *1 large onion, chopped,* in *¼ cup butter, margarine or other fat,* until soft and yellow.

Add *½ teaspoon salt, 2 quarts bread cubes* and *1 teaspoon poultry seasoning.*

Stir in *¼ cup water* and remove from heat.

Take *½ can pork and gravy*, cut pork into 6 slices.

Put pork slices and gravy in a greased baking pan.

Place ¼ cup stuffing on each slice of pork and gravy.

Flatten stuffing with a fork. Pour gravy on top of each portion of dressing.

Bake in preheated 425° (hot oven) for 10 minutes, or brown in a frying pan on top of the stove.

Turn to brown other side. Serve with gravy or sauce if desired.

Gravy

Melt *3 tablespoons meat drippings or other fat.*

Take off heat, stir in *¼ cup flour.*

Add *2 cups water or milk.* Cook over low heat about five minutes, stirring constantly until thickened.

Season with *¾ teaspoon salt* to taste. Add some *pepper.*

Add from the can *1 cup pork chopped.* Cook a few minutes to combine the flavors.

This may be served over rice. If this is to be the main dish for dinner, use 2 cups chopped pork and gravy instead of 1 cup.

PORK ROLL

uses canned pork - wonderful for a cool, rainy day, and makes a sunny day sunnier!

Preheat oven to 450° (hot oven).

Mix *1½ cups flour* with *2 teaspoons baking powder, ¾ teaspoon salt* and *2 tablespoons nonfat dry milk* and *2 teaspoons sugar.*

Cut or rub in *¼ cup shortening* until well blended.

Slowly mix in *½ cup water,* using just enough to make dough that is soft but not sticky.

Turn dough onto a lightly floured surface and knead a few strokes.

Roll to ¼-inch thickness.

Mix *1 tablespoon onion, chopped,* and fried in a little fat on low heat until soft but not browned, with *½ can pork, chopped, and pork gravy.*

Spread evenly over the dough. Roll like a jelly roll. Cut roll into 6 slices.

Place on a greased baking pan and bake in 450° oven for 20 minutes.

Eat with hot gravy or eat with some split pea or bean soup.

SMOKED SAUSAGE AND SPAGHETTI SAUCE

a quickie–brings your husband home

Cook *1 box (8 ounce) spaghetti* according to directions on box.

Cut *1 pound smoked sausage* into slices, remove from skin, then crumble with fingers. Cut the skin pieces into little pieces, too.

Scramble sausage meat and skin chunks in a medium hot skillet until brown, but soft.

Takes about 5 minutes.

Add *2 cans spaghetti sauce* (10½ ounces each)–your favorite brand, mixed with *a little sugar* to your taste. I add about 1 teaspoon sugar and cook about 5 minutes.

Spoon over the spaghetti.

How about sprinkling some dry cheese on–like *Parmesan or cheddar?* Check the label and buy cheese that has been aged.

SAUSAGES WITH SWEET POTATOES AND PINEAPPLE

a quickie quickie

Brown *4 large sausage cakes.*

Open a *can of sweet potatoes* and slice, place on the top of sausage cakes, sprinkle a little *lemon juice* on the sweet potatoes.

Place *4 canned pineapple slices* on top of the potatoes.

Sprinkle *a little cinnamon* and *sugar* on top and pour on some of the *pineapple juice.* Add the rest into the skillet.

Bring to a boil, turn heat to low, cover, cook until cakes are done; takes about 10 to 15 minutes.

TASTY SAUSAGE AND HOMINY

Crumble *1 pound smoked sausage* in little pieces. Fry in a skillet until cooked and brown; takes about 5 minutes.

Add *1 can (1 pound, 2 ounces) hominy.* Simmer together until good, hot, and tasty.

You can eat catsup with this–most children do anyhow.

ANOTHER FINE QUICKIE SAUSAGE DISH

Follow the Sausage and Hominy recipe.

Strain *2 cans black eye peas* under running water.

Add to the cooked sausage and hominy. Heat about 5 minutes, add *salt* and *pepper* to your taste.

This is good with either cold or hot canned sauerkraut. If you have the time, why don't you make cornbread, too?

PORK AND APPLES AND SWEET POTATOES

all in one dish–how about it?

Ask the butcher to cut *4 1-inch thick pieces of pork* from the least expensive part of the pork butt.

Rub *½ teaspoon salt* and *2 tablespoons flour* on the pork pieces.

Fry pork in *2 tablespoons fat* until nicely browned; pour out any extra fat.

Fry *1 medium onion* sliced ¼ inch thick until soft and clear. Arrange on top of pork.

Slice *a can of sweet potatoes,* put on top of onions. Save juice.

Sprinkle *juice* and *some sugar* on potatoes.

Remove cores from *2 unpeeled medium apples,* slice thick. Put on top of potatoes, sprinkle with *sugar and melted margarine.*

Bring *1 cup water* mixed with *1 onion or chicken bouillon powder,* to a boil. Pour around meat, but not over apples.

Place in 350° oven with lid on. Bake about 1 hour, or until pork is tender.

Put under broiler to brown the apples; don't burn.

You can make this just as well on top of the stove. Brown the apples first in 2 tablespoons margarine and 2 tablespoons sugar. Then put on top of the sweet potatoes and cook on low heat with lid on until pork is tender.

BARBECUED BREAST OF LAMB RIBS

inexpensive and delicious!

Put *2 pounds ribs* in a pan with *water to cover.* Add *½ teaspoon salt.*

Put lid on, bring to a boil, turn heat to low, simmer until tender (about an hour or so). Drain. Save broth to make bean soup.

Put ribs on a rack in your broiler pan.

Take *a bottle of your favorite barbecue sauce.* Brush over the ribs on both sides. Broil or bake on lower shelf of the oven so the ribs won't burn. Broil about 15 minutes, basting often and turning to broil and baste the

other side, bake until browned nicely.

This makes delicious and easy barbecued ribs. Or dip ribs in melted margarine, then into plain or seasoned bread crumbs. Broil on both sides or bake. The ribs will be crisp, tender, and have a real fine flavor.

BREAST OF LAMB RIBLETS

tasty, delicious, Oriental!

Wash, then soak *1 cup lentils* in *2 cups water* 1 hour.

Add *2 onion or chicken bouillon powders* to the lentils and water. Bring to a boil. Turn heat to low. Cook covered 12 minutes.

Cook *2 breasts of lamb* (you'll need more than one -but they're inexpensive) with *water to cover*, *1 medium onion*, and *salt* to taste, about 1 hour until tender.

Remove, cut into riblets.

Dip in *melted margarine*, then in *seasoned crumbs*, dip again into *margarine*.

Place riblets on top of cooked lentils, broil on both sides or bake in the oven.

LAMB STEW

this is one stew that you will make again and again

Brush *2 to 4 lamb breasts* with *melted margarine* (lamb breasts are inexpensive!)

Broil quickly until nicely browned, turn, brown the other side: or brown in a skillet.

Cut between the bones into nice-sized pieces.

Place in a pot with *8 cups canned (2 quarts) onion broth*, strained, or use *8 onion bouillon powders* mixed with *8 cups water*.

Bring the onion broth to a boil.

Add the lamb, *1 bay leaf*, *2 allspice*, *2 cloves garlic*, *½ teaspoon thyme or poultry seasoning*.

Add the lamb, bring back to a boil, turn heat to low, simmer about 1½ hours.

Add *4 carrots*, cut into 2-inch pieces, *4 medium potatoes* cut into quarters; cook 15 minutes.

Add *1 cup green beans* cut in half, cook 15 minutes until tender, add *salt* and *pepper* to taste.

Remove the bay leaf and the allspice.

Put *½ cup cold water* in a screw-top jar, add *4 tablespoons flour*, shake.

Gradually stir this thickening into the stew, cook until the stew

thickens, (about 5 minutes).

Add *pepper* to taste and *salt* if necessary.

BREAST OF LAMB AND COOKED BEANS

Buy *3 or 4 breasts of lamb*, they're cheap.

Cut lamb into pieces between the bones.

Start cooking *1 pound dried white beans* as usual; cook only 30 minutes.

Add *1 large onion, minced, salt* to taste, *¼ teaspoon pepper, 1 teaspoon poultry seasoning* and *1 garlic clove.*

Brown lamb in *4 tablespoons margarine* as needed until well browned all over. Brown the lamb without crowding, so the pieces will brown and not steam.

Shake *½ cup canned chicken broth* with *3 tablespoons flour* and stir into *1½ cups more canned chicken broth.*

Cook, stir until thickened. Pour into bean mixture. Add browned lamb.

Stir in *2 tablespoons tomato paste or puree or sauce;* bring to a boil. Cover. Turn heat to low, simmer ½ hour, taste to see if more *salt* is needed, add *pepper* to taste. Bake about 1 hour at 325° *(slow oven) until lamb is almost tender.*

Take lid off and bake ½ hour more.

OLD-FASHIONED ROAST CHICKEN

with delicious gravy and wonderfully crisp chicken

Preheat oven to 500° (very hot oven).

Clean inside and wipe dry *one 3½ pound fryer.*

Rub *½ lemon* over chicken, then squeeze any juice left on the chicken.

Fold chicken wings akimbo to keep it steady.

Rub *1 teaspoon salt* over the chicken, and sprinkle some inside.

Let wait 1 hour to allow chicken to get to room temperature.

Smear with *4 tablespoons margarine,* putting a piece inside the chicken.

Bring *1½ cups canned chicken broth* with *1 small onion sliced* and *small bunch celery leaves or stalk* to a boil.

Place chicken, breast down, on a rack in a shallow roasting pan.

Crumble foil, put under neck portion so chicken will lay even in roaster, and it will brown evenly.

Pour the boiling broth into the bottom of the roaster but not on the chicken.

JUICY ROASTED CHICKEN

Preheat oven to 450° (very hot oven).

Wipe dry a *3 or 3½ pound fryer chicken.*

Rub with *2 tablespoons margarine* and put another *2 tablespoons margarine* inside.

Sprinkle about *1 teaspoon salt* on. Don't forget the inside too.

Place chicken, breast side down, on a rack in a shallow roasting pan.

Put in preheated 450° oven; bake 30 minutes.

Turn breast side up; bake about 20 to 25 minutes.

Turn breast side down, turn heat to 325°; bake about 30 minutes.

Test by lifting chicken up and letting broth drain from vent. If it is yellow and no pink shows, it is done.

If necessary, bake 5 or 10 minutes more.

This is a juicy, delicious, beautifully browned, true-roasted chicken.

BAKED CHICKEN IN A PAPER BAG

many people say this is the best–I say it's the easiest.

Preheat oven to 425° (hot oven).

Rub *1½ tablespoons margarine* over a *3-pound*, cleaned, wiped-dry, *fryer chicken.*

Smear *½ tablespoon margarine* inside the chicken.

Cross the chicken legs and tie.

Turn the wings akimbo so they won't flop.

Salt the chicken with *1 teaspoon salt* and put some inside, too.

Sprinkle a *little paprika* on the back of the chicken.

Open a paper bag, one from the supermarket large enough to balloon around the chicken.

Slip a piece of wax paper on the bottom of the bag (but not on the sides).

Sprinkle a *little paprika* on the breast of the chicken.

Slip the chicken breast side up into the bag onto the waxed paper.

Balloon the bag so it doesn't hug the chicken.

Tie the bag shut. Place the bag on a rack in a shallow roasting pan. Bake 1 hour.

Reduce the heat to 400°; bake 45 minutes.

Remove to a plate by cutting open the paper bag–be careful not to spill the good, good gravy.

Cut chicken into quarters. Enjoy yourselves!

Baking times for chicken:

3½ pound chicken	–	2 hours
3 pound chicken	–	1 hour; 45 minutes
2½ pound chicken	–	1 hour; 30 minutes

If you have a gas stove, preheat the oven to 325° and roast at 325° the whole time (about 2½ hours for a 3-pound fryer).

Reduce heat to 450°, bake 15 minutes.

Turn breast up; roast 15 minutes.

Turn breast down; roast 15 minutes.

Reduce heat to 325°; roast 25 minutes.

Turn breast up; and roast 10 minutes.

Remove from oven. Let stand 10 to 15 minutes for the juices to spread in the chicken.

ANOTHER SOUTHERN FRIED CHICKEN

some people like this chicken best–it's a 1-step method

Dry one "cut-for-frying" *2 to 2½ pound fryer.*

Beat *1 egg slightly.*

Add *½ cup sweet milk, salt* and *pepper* to taste.

Put *flour in a paper bag or on a plate.*

Dip chicken into egg mixture.

Roll or shake the chicken pieces in the flour.

Have skillet with *enough fat,* either oil or vegetable shortening, *to cover the chicken in about 2 inches of piping hot fat.*

To test, drop in a small piece of bread; if it rises to the top immediately and starts to brown, the fat is ready.

Fry the chicken until golden brown, meaty side down, until cooked.

Turn and brown the other side until cooked.

Be sure chicken is not only golden brown but cooked, too.

Drain and serve.

OVEN FRIED CHICKEN

Preheat oven 350°.

Cut *1 fryer chicken, 2½ pounds,* into serving pieces. Separate the drumsticks from the thighs. (You can buy your favorite pieces of chicken, but these are more expensive.)

Melt *1/3 cup margarine* in a saucepan.

Roll each piece of chicken in the margarine.

Sprinkle some *salt* on–*about 1¼ teaspoons.*

Put about *¾ cup cornflake crumbs* on a plate.

Roll the margarined chicken pieces in this.

Place the chicken, skin side up, in a shallow baking dish.

Bake uncovered in 350° oven for about 1 hour until chicken is done. You do not have to turn the chicken.

Easy? Yes! Tasty? Yes!

MY FRIED CHICKEN

a 2-step method

Disjoint or cut a *2½ or 3 pound fryer.* Dry thoroughly and season with *1 teaspoon salt.* Let stand 1 hour to get to room temperature.

Put *1 cup or more all-purpose flour,* seasoned with *½ teaspoon salt,* in a heavy paper bag; set aside.

Add *½ cup milk* to *2 eggs* mixed with *pinch of salt.*

Melt *2 cups or more vegetable shortening* to make 1½ inches fat in skillet.

Dip chicken into egg mixture, one piece at a time; shake in paper bag with flour. Continue until all are dipped and coated.

Test fat by dropping in a small piece of bread; if it rises instantly and starts to brown, the fat is hot enough. Add a lump of *margarine,* put the chicken in meaty side down; don't crowd so they brown quickly. The margarine makes the chicken a beautiful golden color. Turn chicken with tongs so it browns evenly on both sides. Don't cook the chicken, just brown!

As each piece browns, place on paper towels to drain off fat. When all have been fried and drained, place cooled chicken on rack in shallow baking dish in one layer. Close baking dish tightly with aluminum foil. Finish chicken now or later. Frying chicken earlier and finishing later is a 2-step method and makes for easier cooking.

Place chicken with the foil in preheated 325° oven, bake 45 minutes to 1 hour. Remove foil, turn heat up to 400°, and bake 5 minutes uncovered to crisp the chicken.

This is a good dish for guests as the hostess-cook can do all the work in the morning and be fresh and cheerful for her guests. This fried chicken is delicious cold, too—wonderful for a picnic.

NO-FAT, OVEN-FRIED CHICKEN AND GOOD!

Preheat oven 350° (medium oven).

Dip about *2½ pounds* of your favorite fryer parts of chicken, either breasts or dark meat; *or* buy *1 whole 2½ pound fryer* and cut into serving pieces, separating drumsticks from thighs. Dip into *½ cup evaporated milk.*

Place on waxed paper.

Sprinkle with about *1 to 1½ teaspoons salt,* and *pepper* lightly.

Roll into about *¾ to 1 cup corn flakes* crumbled.

Bake in 350° oven about 1 hour, or a few minutes longer until done.

This is a crisp, juicy fried chicken.

OLD-FASHIONED CHICKEN FRICASSEE WITH FRICKADILLAN

frickadillan? marble-size meat balls

Disjoint a *2½ to 3 pound chicken,* or buy a chicken cut into pieces.

Bring *4 cups water* and *4 chicken bouillon cubes or 2 cans chicken broth (10 ½ ounces)* with *½ cup extra chicken broth* and the *same amount water* to a boil; put in the chicken pieces. Cook about ½ hour. Remove the bones, put chicken pieces back in broth.

Add *1 bay leaf, 4 peppercorns,* and bring broth back to a boil.

Add *½ cup each carrots, celery and onions* minced fine. Bring back to a boil.

Sprinkle in *½ cup rice.* Bring back to a boil.

To make the frickadillan:

Cut the crusts off *2 slices bread,* pour *½ cup milk* on and crumble.

Add *½ pound ground beef.*

Grate on *1 small onion.*

Add a *small egg* slightly mixed with a fork and mix everything together with your clean hands.

Adding a little at a time, *salt* and taste, adding more until it tastes just right.

Sprinkle in a little *pepper.*

Make into balls the size of large marbles.

Drop the frickadillan, one by one, into the boiling broth until all have been added. Don't stop the boiling.

Cook until chicken is tender and all the liquid is practically absorbed.

While it is cooking, taste to see if more *salt* is needed.

Remove the peppercorns.

Serve hot, hot, hot.

This dish is very easy to make, an old-fashioned dish that is always welcome and is much easier to make than to write. Be sure and try it.

CHAUNCEY'S SMOTHERED CHICKEN

this is cooked on top of the stove

Buy a *3-pound or a 2½ pound chicken* whole and cut up into pieces, or buy chicken parts; sprinkle *salt* on, let stand 10 minutes.

Cook some *rice* to have ready for the chicken.

Brush or smear chicken with *softened margarine.*

Brown the chicken under broiler, skin side only; don't cook.

Put in deep baking dish that has a lid, skin side down, dot with *margarine.* Sprinkle *pepper* on.

Slice *enough onions to cover all the chicken,* about 2 large onions, and place on top; put small pieces of *margarine* over the onions.

Cover, heat on high, and when steam comes out, turn heat to low.

Cook with lid on low heat, about 1¾ to 2 hours.

You'll have tender chicken and delicious gravy. Pour the gravy with the onions over the rice.

CHICKEN POT PIE

Dice *4 medium-sized potatoes,* put in cold water, set aside.

Cut a *3 or 3½ pound chicken* into serving pieces.

Cover with *water,* bring to a boil, cover, turn heat to low, cook about 45 minutes, adding *salt* to taste as it cooks.

If you wish, remove the bones from the chicken.

Bring the chicken and broth to a boil.

Add the potatoes, bring back to a boil.

Drop in the *homemade noodle squares* the bought *noodles,* one at a time, never letting the broth stop boiling, until all have been added; then cover.

Cook about 20 minutes or so.

This is a rich-tasting, filling dish.

HOMEMADE NOODLES

Mix *¼ teaspoon salt* into *2 cups flour.*

Make a well and drop in *3 large eggs.*

Work the flour into the eggs, adding *1 tablespoon cold water* as needed. Shape into a ball.

Put a little flour on a surface, knead the dough 5 to 6 minutes until smooth.

Divide in 3 parts and roll out as thin as possible.

Cut into squares for pot pies; or for noodles roll like a jelly roll, cut into fine shreds, let dry.

These can be used just like the store-bought noodles.

OVEN-BARBECUED CHICKEN

Preheat oven to 350° (moderate oven).

Cut *1 chicken, 2½ pounds,* into quarters.

Place in a shallow baking dish.

Pour over *1 bottle A&P Barbecue Sauce.*

Bring to a boil on top of stove.

Cover with a piece of foil.

Place in 350° oven.

Bake 1 hour and 30 minutes, basting with the sauce now and then.

Remove foil.
Baste.
Bake another 15 minutes.
Just before serving, place on lowest shelf of broiler and brown.

FRESH BARBECUED CHICKEN

on a grill or on your broiler

Prepare charcoal grill; coals should be gray white.
Cut *broilers* in half. Wipe dry. Sprinkle *salt* on.
When grill is ready, place chickens skin side up on grill.
Brush *sauce* (see recipe below) on chicken.
When bottom starts to brown a little, turn over, brush sauce on, and continue to cook.
As it browns slightly, turn and baste by brushing sauce on. Keep turning and basting until chicken is done. Test by sticking a fork into the thigh near the bone to see if cooked.
Do not overcook, as it will be dry.

BROILED BARBECUED CHICKEN

Cut *broilers* in half. Wipe dry. Put *salt* on while broiler heats.
Place chicken, skin side down, on low rack of oven.
Let broil a few minutes, then start basting with the *sauce.*
Broil about 10 minutes, turn skin side up and baste. Broil about 10 to 15 minutes, basting once or twice. Don't let chicken burn; broiling the chicken on low rack in oven helps to keep meat from burning. If you have to, put foil lightly over the chicken to keep from burning.
Small chickens take 25 to 30 minutes to cook.

Barbecue Sauce

Shake in a jar or stir in a bowl together:
½ cup catsup mixed with *¼ teaspoon dry mustard, ¼ cup vegetable oil, ¼ cup Worcestershire sauce, ¼ cup prepared mustard, ¼ cup honey* and the *juice from 1 lemon.*

BARBECUED CHICKEN FROM A CAN

but you make the sauce!

Remove *whole pieces of chicken* from can of chicken. Save the mushy

chicken to make chicken loaf, chicken croquettes, chicken roll, chicken pinwheels, or baked deviled chicken.

Place chicken in a shallow pan.

Spoon with *sauce.*

Broil, spooning sauce over as it broils on both sides.

Don't burn; takes a few minutes to cook.

Mashed potatoes go fine with barbecued chicken.

CHICKEN WINGS

they'll fly right into your mouth

Get as many *chicken wings and backs* as you need. Add *water to cover.*

Bring to a boil.

Add *1 onion, chopped* and *2 carrots, scraped and chopped.*

Bring back to a boil, turn heat to low.

Put lid on, simmer.

Add some *salt* after you have cooked the wings about 15 minutes. Don't add much, as you can add more later; don't make them too salty.

Cook about 30 to 35 minutes until tender. Add a little more salt, if necessary. Add some *pepper.*

Drop your *homemade noodle squares* in and cook about 8 to 12 minutes. These thicken up the wings and you have a most tasty dish. If course, if you're working, don't make the noodle squares, buy them.

MACARONI AND CHICKEN WITH SAUCE

Cook *1 box (8 ounces) macaroni* as directed.

Cook *1 large can stewed tomatoes* with *1 cup shredded cheese* and *1 cup condensed chicken soup* until bubbly.

Add *¼ cup chopped green peppers* to the cooked macaroni and *¼ teaspoon pepper.*

Put chicken from *1 can whole chicken,* picked apart into bite-size pieces into the bubbling stewed tomato mixture until it bubbles.

Pour over the macaroni and serve.

CHICKEN OR TURKEY DIVINE

Preheat oven to 375° (moderate oven).

Remove skin and bones from *1 can chicken or cooked chicken or canned boned chicken or turkey.* Slice. .

Fry *½ cup diced celery* in *2 tablespoons margarine* until tender, not browned.

Make sauce with *6 tablespoons margarine, ½ cup flour* and *4 cups canned chicken broth* with *2 chicken bouillon powders or cubes* added.

Stir in *1 cup evaporated milk.* Sauce should not be too thick.

Cook *1 bunch washed broccoli spears or 1 package frozen broccoli spears* in *boiling water* to cover a few minutes, then cover and cook about 10 to 12 minutes on medium high heat. The frozen broccoli will take less time; follow directions on the package. Taste; it should be a beautiful bright green and crisp though tender.

Put broccoli in greased baking dish, sprinkle with *salt* and *pepper.*

Arrange sliced chicken on top. Pour the sauce over.

Bake in preheated 375° oven about 15 minutes.

Grate about *¼ cup cheese* on top. Bake 10 minutes to brown.

A can of fruit and cookies are a nice dessert with this.

HAM AND CHICKEN WITH VEGETABLES

Mix *2 cups canned ham diced or luncheon meat* with *2 cups canned or cooked diced chicken.*

On low heat, *cook 2 chicken bouillon cubes* into *1½ cups evaporated milk;* stir.

Open *2 cans mixed vegetables.*

Mix all together.

Heat until hot, add some *pepper;* taste to see if it needs anything else.

This is good with biscuits made with *¼ cup chopped parsley* mixed in the flour before adding the fat and the milk; or biscuits made with ½ cup shredded cheese; or herb-cheese bread. But its delicious, with or without biscuits!

CHICKEN SHORTCAKE

Bake *baking powder biscuits or cornbread squares,* split and spread with *margarine.*

Fry *¼ cup chopped onion, ¼ cup chopped celery* until onions are soft and clear.

Stir in *1 can cream of mushroom soup* mixed with *1/3 cup milk.*

Heat and stir so it doesn't stick.

Add *2 cups canned or cooked chicken* diced.

Add *1 cup drained peas.*

Heat until hot only. Add *salt* and *pepper* if needed. When the chicken is bubbly hot, spoon it between and on top of the biscuits or cornbread.

CURRIED CHICKEN WITH RICE AND LENTILS

if you cook the lentils and the rice before and use curried chicken, how can you lose?

Cook *1 cup rice* as usual.
Wash *1 cup lentils* under running water. Soak 1 hour in *2 cups water.*
Add *2 chicken bouillon cubes* to the lentils and its soaking water.
Bring to a boil, turn heat to low, cover, cook 12 minutes.
Fry *1 medium onion, sliced thin* in *2 tablespoons margarine* until clear.
Stir in *1 teaspoon curry.*
Add *chicken (from a can or fresh-cooked),* cut into chunks.
Fry gently just enough to get hot and tasty.
Add the cooked rice to the curried chicken.
Eat with the lentils on the side.

CREAMED CHICKEN HASH

Preheat oven to 350° (moderate oven)
Mince *2 cups chicken, canned or cooked.*
Grate *1 tablespoon onion* over it.
Season with *½ teaspoon poultry seasoning, salt* and *pepper* to your taste.
Stir in *½ cup evaporated milk.*
Put into greased shallow baking pan.
Sprinkle with *¼ cup grated cheese.*
Bake in 350° oven about 20 to 25 minutes.
Creamed chicken hash and cornbread are good together, and you can bake them together in the same oven.

CHICKEN OR TURKEY SHEPHERD'S PIE

Preheat oven to 400° (hot oven).
Remove bones and skin from *1 can chicken.*
Cut chicken into bite-size pieces.
Save broth from can.
Add *water* to cover chicken bones and skin.
Add *1 chicken bouillon cube,* bring to boil, turn heat to low, put lid on, simmer 1 hour.
Strain, add to other broth.
Make thickening by shaking *½ cup water* and *4 tablespoons flour* in a screw-top jar.

Stir into broth, cook and stir on medium heat until broth thickens.

Add chicken pieces with *½ cup each cooked chopped onions, carrots, and celery.*

Spoon into baking dish.

Make topping by whipping dried potatoes.

Put *2½ cups water* and *1 teaspoon salt* in pan and heat to boiling.

Remove from heat. Add *¾ cup dry milk* mixed with *2 cups dry instant mashed potatoes.*

Stir gently with a fork until potatoes are soft and moist.

Add *2 tablespoons margarine.*

Spoon on top of chicken stew.

Don't mash potatoes down; dot with *a little margarine.*

Bake in hot oven until top of potatoes are browned. Serve at once.

You can make shepherd's pie out of your canned meat or pork, either cubing or crumbling the meat. Some people like to make it out of ground beef. It is good with any of these. With beef you can use either beef or onion bouillon cubes for more flavor.

You can make shepherd's pie ahead of time and heat it before serving.

CHICKEN WITH DROPPED BISCUITS

Preheat oven to 450° (very hot oven).

Remove bones and skin from *1 can of chicken;* save to use later in broth or for flavoring.

Gently separate chicken into bite-size pieces.

Fry *1 small onion, chopped,* and *1 carrot, minced,* in *1 or 2 tablespoons margarine* until onions are soft but not browned (about 5 minutes).

Add to chicken with *½ teaspoon poultry seasoning* if you wish.

Use broth from can, add *water* enough *to make 6 cups.* Add *2 chicken bouillon cubes* for added flavor, cook until melted.

Shake *½ cup water* with *8 tablespoons flour* in a screw-top jar.

Stir into chicken broth mixture, cook on medium heat until thickened.

Add the onion, carrot, *1 can peas,* and the chicken.

Pour into baking pan or skillet, put in preheated 450° oven.

When it starts bubbling, make the drop biscuits by mixing *1 cup flour* with *2 teaspoons baking powder, ¼ teaspoon salt, 1 tablespoon sugar, 2 tablespoons dry milk* and *1/3 cup water.*

Drop by spoonfuls on the bubbling chicken.

Bake until biscuits are browned and puffy.

Takes about 12 minutes or more. Serve at once.

Everyone likes this dish.

CHICKEN OR TURKEY STEW AND CORNMEAL DUMPLINGS

you need a deep pot with a lid for this

Remove skin and bones from *1 canned chicken;* save.

Separate, don't mash, chicken into bite-size pieces.

Set broth aside while you make extra broth out of the chicken bones and skin; cover with *cold water,* add *1 chicken bouillon cube,* cook until it boils, turn heat to low, put lid on, simmer 1 hour.

Strain, add to rest of broth from can.

For thickening, put in a screw-top jar *½ cup water* and *4 tablespoons or ¼ cup flour.* Shake to mix. Stir into chicken broth, cook, stir until thickened.

Add *½ cup cooked, minced carrots, onions, and celery;* add some *canned peas* and the chicken.

Make the dumplings while you bring the stew to a boil.

CORNMEAL DUMPLINGS

Mix *½ cup cornmeal* with *½ cup flour, 2 teaspoons baking powder, ½ teaspoon salt, 2½ tablespoons dry egg mix or 1 fresh egg, 2 tablespoons dry milk.*

Stir in ½ cup water. See that the stew boils gently, not hard. Drop dumplings by spoonfuls, first dipping spoon each time in hot stew, until all dumplings are in; put lid on, turn heat to low, cook 15 minutes without looking.

Serve hot. Be sure stew boils gently, not furiously, when you drop in dumplings. These are delicious made with your yellow cornmeal.

CHICKEN PIE

what is there about the words "chicken pie" that makes everyone's mouth water?

Preheat oven to 450° (very hot oven).

Get a *can of whole chicken* (College Inn is fine) *or use the USDA chicken or cook a fresh chicken.*

Skin, remove chicken from the bones, cut into good bite-size pieces.

Strain the chicken broth, then add enough to make 3 cups.

Stir in *3 chicken bouillon powders or cubes.*

Melt *6 tablespoons margarine* and off heat stir in *6 tablespoons flour.*

Stir into the chicken broth, bring to a boil, turn heat to medium, cook, stir until it thickens (about 5 minutes).

Add *½ cup each, frozen chopped onions, minced carrots, 1 cup peas;* or use fresh and scald.

Stir in the chicken with *1 tablespoon parsley*, heat 1 or 2 minutes, then set aside while you make the rich biscuit topping.

Mix *2 cups Quickie Mix* with *1 cup condensed mushroom soup* and *½ stick melted margarine.*

It will roll into a ball as you mix. Put some flour on a surface and make the dough into a ball that is soft but not sticky so you can handle it. Knead 10 times.

Roll to fit your baking dish, whether a round casserole, a square, or a rectangular dish. Set aside a second. Spoon the chicken filling into the baking dish.

Roll the biscuit topping onto the rolling pin, unroll on top of the baking dish.

Cut slits in the crust for steam to escape.

Brush with *milk* for a beautiful brown crust.

Cover edges with foil.

Bake in preheated 450° oven about 15 to 20 minutes until crust is brown.

The crust will melt in your mouth!

CHICKEN SALAD FOR A HOT DAY

Skin and bone *1 can chicken.*

Cut into bite-size pieces.

Save the bones and skin to make soup.

Add *1 small onion, minced, 1 stalk celery, minced, 1 can drained peas;* add *salt* and *pepper* to taste.

Mix lightly with *mayonnaise or salad dressing.*

Serve on cold rice, cooked in chicken broth for a grand flavor. You can use the bones and skin to make the chicken broth to cook the rice in.

CHICKEN CHOW MEIN (for 8 people)

Bone and skin *1 can whole chicken,* or use 1 can boned chicken or cook a chicken. Dice chicken in large pieces. Save some of the breast to cut into strips to put on top of chow mein when you serve it.

Cook *2 cups rice* as usual.

Dice *1 medium onion, 2 stalks celery* cut on the slant.

Cook *1 cup boiling water* with *little salt* added, about 3 minutes. Strain, cool.

Add cooking water to *2 cups canned chicken broth* and *4 chicken bouillon powders or cubes.*

In a skillet, combine 1 can *Chinese vegetables* and *1 can plain chow mein* with the celery, onion, chicken broth and chicken; don't mash.

Mix *3 tablespoons cornstarch* with *¼ cup water.* Stir into chicken mixture. Cook and stir until thickened and clear.

Taste to see if *salt* is needed. Add *pepper.* Pour chow mein over rice. Sprinkle some *crispy Chinese noodles* on top.

CHICKEN OR TURKEY LOAF WITH A CUSTARDY BONUS

Follow directions on package of *macaroni* but cook only ½ package. Drain, run water over macaroni drain again.

Use the *mushy chicken or turkey* from a can of either (or use leftover chicken), adding enough of the firm chicken or turkey, minced, to make 2 cups.

Grate *1 medium onion* on top.

Cut off crusts from *3 slices bread.*

Mix *1 cup milk* with the bread and crumble together with your fingers; add *1 teaspoon poultry seasoning* and *2 eggs* lightly mixed with a fork.

Add some *minced parsley, either fresh or dried (about 1 tablespoon),* and some *pepper.*

Spoon into a greased baking dish, but don't handle; spooning makes the loaf.

Bake in 350° (moderate) oven about 30 minutes.

The custard forms along with the loaf as it bakes.

Serve with a sauce made of *1 can mushroom soup* diluted with *½ cup nonfat milk or evaporated milk.*

CHICKEN CROQUETTES, BROILED

a quickie

Open a can of boned chicken, remove the whole pieces to use another time; use the *mushy chicken.*

Cut off crusts from *2 slices bread,* place bread in large bowl and crumble with *¼ cup milk.*

Add the mushy canned chicken.

Grate *1 small onion* on top.

Add *¼ cup minced parsley.*

Add *½ teaspoon poultry seasoning.*

Mix everything together; use your clean hands.

Taste, add *salt,* if necessary, and *pepper* to your taste.

Shape into 8 patties.

Dip or brush with melted *margarine.*

Dip into *crumbs,* plain or seasoned.

Drizzle with melted margarine.

Preheat broiler.

Broil chicken 3 minutes on one side, *turn* on other side, broil until browned. (You can also fry these croquettes, so take your choice.)

CANNED CHICKEN OR TURKEY WITH DRESSING

quick and easy–all this and gravy, too!

Separate whole pieces of chicken or turkey from mushy chicken in can of whole boned chicken or turkey, and *use the mushy chicken* or use leftover chicken minced.

Mince *1 medium onion,* fry in *2 tablespoons margarine* until soft and *clear.*

Slice *6 pieces bread* into cubes.

Combine the bread cubes, onion, *½ teaspoon poultry seasoning, ½ stick of margarine melted or more if needed, salt* and *pepper* to taste, and *1 egg, beaten slightly.*

Spread chicken in greased baking dish.

Spoon dressing on top.

Bake in 400° (hot) oven until dressing is browned, (about 20 to 30 minutes).

Make a gravy out of *1 can mushroom soup* mixed with *1 chicken bouillon powder* and *½ cup milk.*

Heat until bubbling.

Cut the chicken and dressing into portions.

Spoon the hot gravy on top.

Nobody will refuse this.

Liver is a fine source of iron and a much better-tasting dish than the iron that comes in a pill or bottle. When you feel tired and run down, it may be that you're anemic, in which case you'd better see a doctor. If he says you're OK and you should eat more foods that contain iron, try some of these liver receipes. Fried liver, smothered in onions, is quite a dish.

CHICKEN LIVERS

a different way to prepare them–fried in deep fat

Beat *1 egg* with *1 tablespoon milk.*

Swirl *chicken livers,* salted lightly, in the egg mixture. Roll in *flour.*

Heat deep fat hot (oil is preferred). Drop the chicken livers in, one at a time. Fry.

The livers will be crispy on the outside and tender on the inside.

TASTY LIVERS WITH SPAGHETTI–ITALIAN STYLE

Cook thin *spaghetti (8 ounces)* broken into small pieces, following directions on package.

Cut *½ pound chicken livers* in half, then cut into quarters. Wipe dry.

Put in skillet, sprinkle *½ package onion soup* on liver.

Pour *boiling water to barely cover.*

Bring to a boil, turn heat to medium, cook until liver is cooked but not mealy. Pour over the cooked spaghetti. This takes only minutes and is delicious and nutritious. Makes you feel grand.

FRIED LIVER AND ONIONS OVER RICE

Buy *1 pound liver,* chicken, beef or pork. Cut into bite-size pieces, not too large.

Cook *1 cup rice* as usual.

Fry *2 large onions, sliced* until soft and yellow, in *4 tablespoons margarine.* Brown, don't burn, or they will be bitter.

Put on a plate.

Quickly wipe the liver.

Fry in *2 tablespoons margarine or more,* on medium heat until browned but juicy not mealy.

Add *salt* and *pepper* to taste.

Put the fried onions back into the skillet with the liver, heat.

Pour over the rice.

CHOPPED LIVER

if you don't like liver, this dish is for you!

Hard cook 3 eggs. Slice 4 medium onions.

Fry onions in *1 or 2 tablespoons vegetable oil* on medium heat until soft and clear. Remove onions from oil.

Wipe out pan (there may not be any oil left so this will not be necessary). Heat pan on medium heat.

Add *2 tablespoon water* and *2 beef bouillon powders.* Bring to a boil.

Add *1 pound chicken livers,* adding a little more boiling water if necessary. Cook, stir, until livers are done but not dry or mealy.

Remove to cool; strain the broth and keep about ¼ cup broth.

When cold, put through food grinder alternating, liver, eggs and onions. Grind only once.

Mix together, add *salt* to taste; also add the broth a little at a time to get a fluffly but not dry consistancy.

Good for a salad at suppertime or dinner hors d'oeuvres on a hot night–good any time at all.

FRIED CHICKEN HEARTS

Cut open *½ pound chicken hearts.* Put under running water, then dry.

Season *1 cup flour* with salt and pepper.

Dip hearts in beaten *egg* and then in seasoned flour and fry. Have some *rice* cooked in chicken broth, and pour the fried chicken hearts on top.

If you have never tasted this before, you have a treat in store.

BATTER-FRIED TRIPE

the tripe–a migrant's recipe, the batter–mine!

Tripe

Wash the *tripe.* Cut into squares. *Cover with water.*

Cook with *salt* added to taste.

Cover and simmer until tripe is tender–takes about 1 hour or so.

Batter

Barely mix *1 egg yolk* with a fork; save the white to use for something else.

Add *1 cup water.*

Add *1 cup flour,* barely mix; lumps or any flour showing is OK.

Dip the tripe first into some flour, then into the batter.

Drop a few at a time, into the *hot fat,* hot enough to start frying immediately.

If you have a skimmer, use it to remove the fried pieces as soon as they're ready. If not, use your tongs. Drain, eat hot. (This batter is perfect for deep, fat fried shrimp, tiny frankfurters and pieces of fish without bones–even good with vegetables like the Japanese do, as well as with tripe.)

FISH

Fish has many nutrients and can save you money.

Fish is usually cheaper than meats and can take the place of meats many times. You can choose from fresh, frozen, canned, smoked, dried, salted and pickled fish.

Be sure and buy your fish from a store that sells a lot so that the fish is fresh. Be careful how you buy the fish! Select fish with bright eyes that are firm and good smelling, not droopy, flabby, soft fish with glazed eyes.

Fish should be put in the refrigerator as soon as you bring it home—and don't go visiting before coming home. Frozen fish should be put in the freezer compartment of your refrigerator.

Eat fish as often as you wish. There are many ways to cook it; if you fry it, be sure to fry it in oil.

Put fish on your shopping list and serve it often.

COD FISH (OR HALIBUT OR HADDOCK) CHOWDER

Cook *¼ cup diced salt pork* over medium heat until brown and crisp; don't burn.

Add *1 small onion, sliced thin,* cook 5 minutes.

Stir in *2 cups water, 2 large potatoes, diced, 1 teaspoon salt.*

Cover, bring to a boil. Turn heat to low, simmer 5 minutes.

Add *2 pounds fresh or frozen fish fillets,* cut into 1½ to 2 inch pieces. Cook until done.

Add *3 cups milk.*

Shake *½ cup water* with *¼ cup flour* in screw-top jar.

Stir into the fish soup.

Stir, cook until the soup comes to a boil. Add *2 tablespoons margarine;* cook about 2 to 4 minutes until the soup barely thickens.

Serve hot. Have lots of crackers to go along.

FISH STEW

very good and very easy

Cut *3 pounds mackerel or striped bass* into thick slices.

Make a layer of the fish, then *layer of potatoes.* You need about *3 pounds,* which is about *8 to 10 large potatoes,* cut into ¼ inch slices.

Dot each layer with *margarine, salt, pepper* and *thin, thin slices of onion.* You will need about *2 large onions.*

Make layers until all the fish, potatoes, onions, and seasonings have been used up. Finish with a potato layer on top.

Arrange thin slices of *fried-out fatback or bacon* on top.

Sprinkle the top with a *grind of pepper.*

Gently pour *boiling water* to cover.

Bake in 325° oven, (low oven) with lid on or foil until tender.

Remove the cover or foil, and let brown on top, turn heat up to brown.

A good tasty slaw is good with this; so is cornbread, hot and crusty, or some store-bought rolls.

BAKED FISH

mackerel or striped bass

Have fisherman or store (or you) clean and split a *large Boston mackerel.*

Rub with a *little salt* and *pepper.*

Cut into portion-size slices.

Put skin side down in a *well-greased baking pan* or skillet.

Pour over fish *1 cup milk* seasoned with a *little onion salt.*

Bake uncovered 20 to 25 minutes in a 75° oven (moderately hot).

Boiled potatoes go nicely with this.

If you can get cucumbers, make a cucumber salad by slicing thin a sweet onion, pouring vinegar with a little water so it won't be too strong and adding sugar to sweeten. Or try the macaroni salad in this book.

BAKED FILLET OF FLOUNDER

quick and easy

Season the *fillet of flounder* with *salt* and *pepper.*

Add *¼ teaspoon salt* to *1 cup milk.*

Dip fish fillets in the milk, then into *bread crumbs.*

Put into a *greased baking dish* and sprinkle with *4 tablespoons melted margarine,* more if needed.

Bake in 450° (very hot oven) about 10 minutes or until browned.

Squeeze *lemon* over the fish.

It adds something to the taste. Lots of people like tarter sauce with fish. You can buy tartar sauce at the store, or make it buy mixing mayonnaise, chopped sweet pickles and chopped onions.

BAKED TUNA-FISH CASSEROLE

a canned-tuna dish

Mix together lightly *2 cans (7½ ounces) tuna fish,* with *2 slices bread* cubed in small pieces, *1 cup unsweetened mayonnaise* mixed with *½ cup milk, 4 hard-cooked eggs, chopped, 1 small onion grated, 6 stuffed olives sliced* or *1 green pepper chopped, salt* and *pepper* to taste.

Spoon into a greased casserole or baking dish. Top with *margarined crumbs* or smooth the top with *unsweetened mayonnaise* for a pretty topping.

Bake in 350° oven (medium heat) for 20 minutes until hot and top is browned, or put under broiler to brown.

FRIED CATFISH

(or other fish)

Wash the *catfish.*

Pull the skin off.

Cut into pieces.

Season with *salt and pepper.*

Mix together *½ cup flour* mixed with *½ cup cornmeal* and a little *salt* and *pepper.*

Dredge the fish in the flour mixture.

Fry in fat (some like bacon fat) or margarine; others like vegetable shortening with a lump of margarine or butter in. Many people like deep fat such as vegetable oil. Take your choice, but remember to heat the fat *hot* so the grease doesn't seep into the fish.

Brown one side, then brown the other.

Don't overcook, because the fish will get dry.

The fish will be crisp and tasty.

Catfish also makes a good tasty fish stew.

HOT TUNA FISH ON BISCUITS

Make *large biscuits* as usual.

While baking, fry minced *1 small onion, 1 small green pepper* and *1 stalk celery* in *1 or 2 tablespoons margarine,* until onion is soft and clear.

Drain *1 can (7 ounces) tuna fish,* then break into pieces with 2 forks.

Add to the onion mixture and heat with *1 can mushroom soup,* diluted with *½ cup nonfat milk,* and *pepper to taste.*

When bubbling hot, divide the biscuits in half and spoon the tuna and sauce over them.

SKILLET-COOKED TUNA WITH MACARONI

Cook *1 package (8 ounces) of macaroni.*

Fry *½ cup chopped onions* in *2 tablespoons margarine* until soft and yellow.

Mix together *1 can evaporated milk* with *1 large can tuna fish* drained, then flaked with a fork, *1 teaspoon wet mustard* mixed into *½ cup salad dressing or mayonnaise, salt* and *pepper* as you like it.

Heat until piping hot.

Add *1 cup grated cheese* to the cooked, hot macaroni.

Pour the tuna fish on top. It's ready to eat.

This is a good dish, especially if you heat some canned tomatoes with some minced onion and salt to taste and a teaspoon of sugar until hot and tasty.

CANNED SALMON WITH VINEGAR AND ONION

canned salmon is expensive but still cheaper than meat–and it really tastes good.

Sprinkle *1 cup minced onions* over *1 large can salmon, bones* and *juice.*

Pour *½ cup white vinegar* over the salmon and onions.

This is a very simple reciepe but very tasty.

Serve with crusty bread, stewed canned tomatoes, baked potatoes (scoop out the potatoes mash them with margarine, salt, and pepper, and some sour cream if you have it, then stuff back into the potato shell, heat with some grated cheese on top and brown.

For dessert, how about some custard?

SALMON CAKES

canned-salmon cakes are an easy-to-make meal

Grate *1 medium onion* over *1 large can salmon, including* bones, skin *and juice.*

Pour *½ cup white vinegar*

Mix with the salmon and onions.

Mix *1 egg* with a fork, add to the salmon.

Add *salt* and *pepper* to taste.

Shape into patties.

If you wish, dip into bread crumbs.

Fry in *vegetable shortening* about ¼inch deep until browned nicely.

Drain on paper towels.

A macaroni and cheese casserole is good with this; also sliced tomatoes in season, or use canned tomatoes either heated and seasoned or eaten cold as a salad.

Fruit, either fresh or canned or made into a deep-dish pie, would make a good dessert.

DIPPING BATTER FOR DEEP FRYING

for shrimp, fish, vegetables, tripe

With a fork, mix *2 egg yolks*–barely mix; don't use the white.

With the fork, add and mix in *1 cup water.* Add all at once *1 cup flour.* Barely mix; there should be lumps.

When ready to deep fry, put some flour on a plate. Dip first into the flour, then into the batter and fry. It's as simple as that and just as delicious.

VEGETABLES

Be sure and add vegetables to your shopping list! Here is a list of vegetables just as a reminder of how many there are to choose from:

Artichokes
Asparagus
Beans, green and yellow
Beans, Lima
Beets
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Collards
Corn
Cucumbers
Eggplant
Kale
Leeks
Lettuce
- **Bibb**
- **Boston**
- **Escarole**
- **Iceberg**
- **Endive**

Mushrooms
Mustard Greens
Okra
Onions
Parsley
Peas
Peppers, green and red
Potatoes
- **Irish**
- **Sweet**

Radishes
Rutabagas
Scallions
Shallots
Spinach
Squash
- **Hubbard**
- **Scalloped**
- **Yellow**
- **Zucchini**

Tomatoes
Turnip greens

HOW YOU CAN GET THE MOST FOR YOUR MONEY IN BUYING VEGETABLES

1. Dark, leafy green vegetables are usually a good buy.
2. Fresh vegetables and fruits are usually good buys when they are in season. By the way, that's also when they taste the best and have the greatest nutrition.
3. Choose firm fresh vegetables and fruits. Bruised and battered ones may seem to cost less, but after you cut away all the spots, they may not be much of a bargain.
4. Canned vegetables are usually good buys most of the year.
5. The store's brand of vegetables is often cheaper than the nationally advertised brands.

HOW TO STORE VEGETABLES FOR FRESHNESS AND SAFETY

1. Fresh vegetables need to be kept in a cool place, such as a refrigerator.
2. They will stay crisp for days if you put them in a plastic bag in the refrigerator.
3. Always wash vegetables before you eat them.
4. Frozen vegetables should be kept frozen until you cook them.
5. Any cooked food that has to be kept should be kept cold.
6. Canned vegetables can be kept on the shelf until you open them; then keep in refrigerator.
7. Wipe the top of the can before using, or turn the can upside down (the bottom is usually the clean end).
8. When a can bulges or leaks, it means the food inside is spoiled. Throw it away.
9. If the liquid in the can smells sour, the food is spoiled—do not eat it.
10. If the liquid in the can is creamy white, the food is spoiled—do not eat it.
11. Always return any food that is spoiled, as the grocer is responsible for the food he sells.

TIPS ON BUYING STORING, AND PREPARING GREEN VEGETABLES

1. Favorite green vegetables are:

Asparagus
Lima beans
Beet greens
Broccoli
Brussel sprouts
Green cabbage
Chard
Collards
Kale
Mustard Greens
Okra
Peas
Spinach
Turnip greens

2. Why buy green vegetables?
   Because they have Vitamins A and C and iron in them. Vitamin A is needed for growth, normal vision, and healthy condition of the skin and other body surfaces. Vitamin C is neded for healthy gums and healthy body tissues. If you're always tired and listless, maybe you're anemic—go see your doctor. He may say among other things, that you must eat these greens—its a lot pleasanter getting iron that way

than from a bottle.

3. How to select green vegetables
   a. Buy vegetables that look fresh, not wilted.
   b. Buy vegetables that are not dried out.
   c. Green vegetables should be green, not yellow.
   d. Don't buy bruised vegetables—they're on their way to rotting and the garbage can.
   e. Green vegetables should be crisp—have more flavor.
   f. Reduced vegetables may have overstayed their welcome, and are no bargain in that case.
   g. Sometimes a supermarket is running a "special" when vegetables are "in season." That's the time to buy for the most nutrition. When vegetables are picked at the height of their ripeness and rushed as quickly as possible to the supermarket, that's the time to buy, because then these vegetables taste the best and have the most nutrition.
4. How to store green vegetables
   a. Store them in the refrigerator right after putting your ice cream, milk and margarine in the refrigerator.
   b. Keep them moist in the refrigerator crisper or plastic bags or in the moisture-resistant bag they came in.
   c. Be careful not to bruise vegetables in storing.
   d. Store peas and beans in the pod to keep them fresh, or be sure to put them in a tightly closed plastic bag.
5. How to prepare the vegetables for cooking
   a. Remove any wilted or yellowed outer leaves.
   b. Wash them carefully.

TIPS ON WASHING FRESH GREEN VEGETABLES

1. Remove any bruised wilted or yellowed outer leaves.
2. Cut off tough or dried stem ends.
3. Scrape off large scales of asparagus that hold sand.
4. Strip kale leaves off the woody midribs.
5. Use plenty of water to wash greens.
6. Lift vegetables out of the water instead of pouring it off the vegetables. That way grit will settle at the bottom of the pan instead of settling back on the vegetables.
7. Soak broccoli and brussel sprouts 30 minutes in cold salted water to invite any insects hiding in the tight leaves or flower buds to come out.

HOW MUCH TO BUY OF GREEN VEGETABLES

When you prepare your shopping list, figure how many vegetables you

will need for your family for the week. Will you eat it raw or cooked? Will you buy canned vegetables or frozen? Will you eat it as it is, or will you add it to another dish? How will you use it? Will the best buy this week be fresh, canned or frozen? Check the newspapers.

One-half cup, cooked, drained vegetable is an approximate serving for 1 person. One medium potato, 2 small raw carrots, and 1 medium tomato are 1 serving.

Vegetables	*What Kind*	*How Much*	*Number of Servings*
Asparagus	Fresh	1 pound	2 to 3
	Frozen	10 ounce package	2 to 3
	Canned	14½ ounce can	2 to 3
Beans, Green	Fresh	1 pound	5 to 6
	Frozen	9 ounce package	3 to 4
	Canned	15½-16 ounce can	3 to 4
Beans, Lima	Fresh	1 pound in pods	2
	Frozen	9 ounce package	3 to 4
	Canned	16-17 ounce can	3 to 4
Broccoli	Fresh	1 pound	3 to 4
	Frozen	10 ounce package	2 to 3
Brussel Sprouts	Fresh	1 pound	4 to 5
	Frozen	10 ounce package	3 to 4
Cabbage	Fresh	1 pound	4 to 5
Chard	Fresh	1 pound	2 to 3
Collards	Fresh	1 pound	4 to 5
	Frozen	10 ounce package	2 to 3
	Canned	16-17 ounce can	2 to 3

HINTS ON DRESSING UP VEGETABLES, FRESH OR FROZEN

When you cook the vegetables, choose from these:

1. a little herbs, dried or fresh
2. onion or garlic salt
3. a tablespoon of minced onion
4. a tablespoon of minced green pepper.
5. a tablespoon minced scallions or shallots

After you've cooked the vegetables, choose from these:

1. broiled or fried bacon pieces.
2. bacon drippings

3. margarine
4. lemon juice
5. herb vinegar
6. chopped hard-cooked eggs
7. chopped parsley
8. chopped mushrooms
9. chopped fried onions

Add cooked vegetables to sauces such as:

1. white sauce
2. cheese sauce
3. sour cream
4. evaporated milk
5. mushroom sauce, canned mushrooms to white sauce
6. onion sauce, lightly fried onions to white sauce
7. celery sauce, lightly fried or blanched celery to white sauce
8. canned celery soup diluted.
9. canned mushroom soup diluted
10. heated unsweetened mayonnaise, diluted with a little milk and pepped up with horseradish
11. curry sauce; add ½ teaspoon curry to ½ cup mayonnaise mixed with ¼ cup milk and heat, don't boil
12. egg sauce, chop hard boiled eggs and add to white sauce
13. another egg sauce, add 1 chopped hard boiled egg to ½ cup unsweetened mayonnaise mixed with ¼ cup milk
14. to enrich mayonnaise sauce to use with cold cooked vegetables or canned vegetables, push 1 hard-cooked egg yolk through a strainer, use your clean hands, mix into ½ cup unsweetened mayonnaise, gradually stir in *¼ cup milk*, pour over the vegetables, sprinkle chopped hard-cooked whites on top with a sprinkle of chopped parsley

USE LEFTOVER VEGETABLES

1. in soups
2. in casseroles
3. combined with other vegetables, such as:
   corn with green beans
   lima beans and corn
   stewed tomatoes and corn
   peas and onions
   peas and rice
   zucchini and canned tomatoes
   zucchini and potatoes
   carrots and peas
   carrots and green beans
4. in salads

5. with eggs for a lunch or supper dish
6. with meat, cooked together for a main dish
7. in a gelatin salad
8. scalloped
9. glazed
10. creamed
11. pureed in a food mill
12. vegetable stews
13. meat stews

FRESH GREEN BEANS

plain, not fancy–you get the good taste of fresh green beans

Wash *1 pound green beans,* snip off ends, then cut the beans in 1-inch pieces.

Cover with water, remove beans, add *½ teaspoon salt,* and bring to a rolling boil.

Add the beans, bring back to a boil.

Turn heat to medium, cook uncovered just until tender (about 10 minutes).

Drain; drink the broth, it tastes good.

Flavor the beans with *2 tablespoons margarine,* some *pepper,* and *salt* if necessary.

Cooked green beans make a good salad. Marinate or soak in French dressing, add minced scallions or onions, celery, green pepper and some pecans, a little lemon juice, pepper, salt, a pinch of sugar and some mayonnaise. Very tasty served chilled.

FRESH BROCCOLI

green, crisp, and as different from frozen broccoli as night and day–wonderful to eat hot as a vegetable or cold as a salad and grand to snack on

Wash *1 head fresh, bright green, crisp broccoli,* carefully, in plenty of salted water to remove any insects as well as dirt. Separate the stems from the flowerlets before washing them. Cut the stems into ½ inch pieces; they will cook just as quickly as the flowerlets.

Bring *1 cup water* and *½ teaspoon salt* to a good boil. Add the broccoli, bring back to a boil, turn heat to medium, put lid on, boil gently about 5 or 6 minutes. The broccoli will be a lovely green.

Drain; drink the broth, it's tasty. Don't clutter up your refrigerator to save it for a day to make soup.

Add *2 tablespoons margarine* to the hot broccoli, some *pepper* and *salt to taste.*

Broccoli is good with any meat, or serve it cold as salad with a tasty French dressing.

COOKED GREEN CABBAGE

Buy young, green, firm cabbage; since they are sold by the pound, buy 2 or 3 green cabbages rather than 1 huge white head, as the green cabbages are better and just as cheap even if you have a large family. Please don't cook the cabbage all day. You'll cook the goodness out of it. Cabbage tastes much better if you cook it a short time, tastes crisp, not soggy, tastes fresh, bring pleasure to your taste buds.

Shred *1 small, green, washed head of cabbage.*

Bring about *1 cup of water* to a boil, add the shredded green cabbage. Bring to a boil. Boil 3 to 6 minutes, just until tender but still crisp. Add *salt* to taste. A grind or shake of *pepper, 1 tablespoon or so of margarine* and you'll taste all the goodness of the cabbage.

If there's water left after cooking the cabbage, drink it.

If you're making a vegetable soup, be sure and add the shredded cabbage at the last minute so as not to overcook.

FRESH CARROTS, COOKED

canned and frozen carrots are a boon for the working woman, but there is no comparison in taste with fresh carrots; and remember, one of the best ways to eat carrots is raw!

Buy carrots that are a good orange color. Carrots should be firm, smooth, not rough or cracked. Carrots should not have large green ares on top. Wash, scrape, or pare carrots to remove a think skin. A vegetable parer does the job quickly. You can cook carrots whole, diced, cut into round slices or length-wise strips.

Bring *½ cup water* with *¼ teaspoon salt* to a boil.

Add *4 carrots, sliced or diced.* Bring back to a boil. Put lid on.

Turn heat to medium low, cook from 6 to 10 minutes, taste to see if cooked as you like them.

Glaze and heat the carrots with *1 or 2 teaspoons sugar* and *1 tablespoon margarine,* rolling the carrots around until glazed.

Whole young carrots take about 12 to 20 minutes to cook, and older ones about 20 to 30 minutes.

Carrots taste better if they are not overcooked, so taste and decide. Overcooking carrots cook their natural sweetness out. Brown sugar and honey make a good glaze for cooked carrots.

COOKED CARROTS

you never tasted anything so good!

Wash *8 young, fresh carrots* and grate on grater with medium round

holes which makes thin strips.

Put in a skillet or large pot.

Add *2 tablespoons water to ¼ cup (depending on size of carrots), ½ stick margarine, 1 or 2 tablespoons sugar, ¼ to ½ teaspoon salt.*

Bring to a boil. Turn heat to low. Put lid on. Steam, cook until done.

Taste after carrots have cooked 5 minutes to see if they are done. If not, cook a few minutes more and taste. Don't overcook. You don't want mushy carrots—they should be crisp.

You can eat as is, or stir in about *¼ cup evaporated milk.* Don't wait—serve while hot.

HARVARD BEETS

you don't have to go to Harvard to eat these beets

Drain *1 can (1 pound) sliced beets;* save the *juice.*

Mix *2 tablespoons sugar* and *1½ tablespoons cornstarch.*

Stir in ¼ cup vinegar and the beet juice (should be about 1 cup, or add water to make 1 cup), and bring to a boil.

Cook, stir until clear (2 to 5 minutes). Add the beets.

Add *1 tablespoon margarine or butter* and a good *pinch of salt.*

Heat and eat. A tasty dish!

FRESH CAULIFLOWER

the taste of a beautiful white head of fresh cauliflower can't be beat

Wash the *cauliflower.*

Separate into flowerlets. Many people eat these flowerlets raw, dipping them into a tasty, tangy sauce like Wishbone Italian dressing, or your own dip of Miracle Whip and curry powder.

Measure the amount of water needed to cook the cauliflower by adding *water to cover,* then removing the cauliflower and bringing this water with *½ teaspoon salt* to a boil.

Add the flowerlets, bring back to a boil.

Cook, covered, turn heat to medium, cook for about 6 minutes, taste the cauliflower to see if it is tender.

Flavor with *melted margarine, pepper* and *salt.*

A white sauce or a cheese sauce goes nicely with cauliflower.

FRESH YOUNG PEAS

nothing tastes better

Shell enough young *peas* to make *2 cups.*

Measure *water to cover* the peas, then remove peas.

Bring the water with *½ teaspoon salt* and *2 teaspoons sugar* to a rolling boil.

Add the peas. Bring back to a boil.

Turn heat to medium, cook about 4 minutes until tender (if the peas are old, cook longer as necessary).
Drain; save the broth to drink hot, it's good.

Add *1 or 2 tablespoons margarine, pepper* and *salt,* if desired, to the peas.

CORN FRITTERS

Mix together *1 cup canned cream corn, 2 large egg yolks, 1 cup flour* mixed with *1 teaspoon baking powder, ½ teaspoon salt, pinch of pepper* to make a thick batter.

Beat *2 egg whites stiff* with an egg beater, but not dry—they should form straight peaks when you lift the beater.

Fold into the batter.

Pour *oil or vegetable shortening* to make ½ inch fat in your skillet.

Heat fat until hot, test by dropping a small piece of bread; if it rises at once and starts browning, the fat is ready.

Drop batter by spoonfuls, being careful not to crowd, so the fritters have room to puff up and brown quickly.

Drain on paper towels placed on a rack to circulate air. This keeps them from getting soggy.

Serve while hot.

CORN ON THE COB

young, fresh in season—that's when to buy sweet corn

To keep corn sweet until the next day:

1. Buy *sweet* corn.
2. *Husk* the corn.
3. Put in *plastic* bags and close with a twister.
4. Place in refrigerator.
5. The sweet corn will keep its sweetness for at least one day, sometimes two days—and one time it stayed sweet for four days.

I asked one of my scientific friends, and he said what probably happens is that the husks mature the corn, and so the sugar turns to starch; but removing the husks and putting the corn in the plastic bag in the refrigerator keeps the corn from maturing and it stays sweet.

To cook the corn:

Bring a big *pot of water* to a rapid boil. Gradually drop in the *ears of corn.*

Bring back as fast as possible to a boil. Boil 5 minutes. Eat at once.

Soft *margarine* brushed on a salt go fine with corn. Salt alone on sweet, sweet corn is good, too.

COOKED FRESH SPINACH

and for a change try our old-fashioned sweet-sour dressing—good with

young dandelion greens in early spring, too

Clean by first removing bruised, wilted leaves from *1 pound spinach* and cut off stem ends.

Wash in plenty of water. Lift the spinach out so that the grit will settle in the bottom of the pan.

Put the spinach in a sauce pan with the water clinging to it.

Cover well, cook; when steam comes out, turn heat to low. Cook about 3 minutes.

Wilted Spinach or Dandelion Greens

Cook *spinach* as usual; *dandelion greens* just need to be washed carefully and the stems cut off.

Sweet-Sour Dressing

Fry about *4 slices bacon* on low heat until crisp but not hard. Break bacon into pieces, set aside.

Stir into the bacon fat *3 tablespoons sugar* and *3 tablespoons vinegar.* Turn heat to low.

Slightly beat *1 egg.*

Take 1 spoonful egg, slowly stir it into the fat mixture, very slowly stirring the rest of the egg in a little at a time.

Heat and add the bacon pieces.

Pour over the hot drained spinach or the dandelion greens. This is old fashioned and tasty.

BAKED TOMATO SLICES

when tomatoes are in season

Slice *tomatoes* thick.

Sprinkle lightly with *salt,* a little *sugar,* and some *seasoned bread crumbs.*

Bake in 400° oven about 10 to 15 minutes.

Don't let tomatoes get mushy.

BROILED TOMATO SLICES

Slice *tomatoes* thick.

Cover with *evaporated milk, salt* and *pepper.*

Broil until the milk bubbles and serve.

DIFFERENT BROILED TOMATO SLICES

Sprinkle thickly sliced *tomatoes* with a little *oil*, add *salt, pepper, pinch of sugar* and a very thin slice of *onion dipped in oil* and a thin *slice of cheddar cheese* on top of each slice.

Don't burn—broil only a few minutes.

BROILED CURRIED TOMATO SLICES

Slice *3 medium or 2 large tomatoes.* Sprinkle with *salt, pepper,* and a *pinch of sugar.*

Mix into *½ cup mayonnaise, ½ teaspoon curry* and *¼ cup milk,* and spoon over the slices.

Broil—don't burn.

WHIPPED POTATOES

made with dry potatoes

To make whipped potatoes out of dry potatoes, always stir dry potatoes and dry milk into water, not the other way around.

Put *2½ cups water* in a large pan, bring to a boil.

Remove from heat.

Stir in *¾ cup dry milk* mixed with *2 cups dry instant mashed potatoes* and *1 teaspoon salt* until fluffy.

Stir in *2 tablespoons margarine* to flavor the potatoes.

This makes about 3 cups mashed potatoes.

POTATO PANCAKES

Peel *6 medium Idaho potatoes.* Put in cold water.

Wipe each potato and grate fine into a bowl. There should be no pieces.

Remove a little of the starchy liquid.

Add about *2 tablespoons flour* and *salt* to taste.

Mix *1 egg* and stir into potato mixture.

Heat skillet. Put about *4 tablespoons vegetable shortening* into skillet.

When skillet is hot, spoon in potato pancakes and cook on medium high heat.

Brown on one side; turn over and brown the other.

Put on paper towels to drain and serve while hot.

To reheat, overlap each cake to let the heat reach each one. Don't put one on top of the other.

SWEET POTATOES OR YAMS, GINGERED AND PINEAPPLED

perfect with chicken, ham or a fine rib roast

Preheat oven to 325°.

Slice *3 large raw yams (or sweet potatoes)* into thin slices.

Arrange half in a greased glass 2-quart baking dish.

Mix ½ jar or more if needed *ginger marmalade or orange marmalade* together with *½ cup of softened margarine or butter.*

Brush the potatoes, leaving enough to brush what's left, including a top layer of pineapple.

Arrange ½ can (#2) sliced pineapple packed in its own juice over the potatoes; save the pineapple juice.

Put the rest of the sliced yams on top.

Brush again with the ginger-margarine mixture.

Arrange the rest of the pineapples on top.

Brush with the rest of the ginger-margarine mixture.

Pour the *pineapple juice* in. Cover with foil.

Bake in preheated 325° oven about 1 hour or more until potatoes are soft and tender. Uncover the last 15 minutes.

BAKED POTATOES

Wash the mealy type potatoes well. Wipe dry. Rub with margarine.

Place in 400° oven or 425° oven.

Bake about 1 hour until potatoes are soft. Remove from oven.

Work potatoes with your fingers until the skins burst open. This makes them fluffy.

You can add margarine, sour cream, or eat as is.

CHEESED VEGETABLES BAKED IN A CASSEROLE

mix or match from broccoli, asparagus, cauliflower, brussels srpouts, green beans, carrots, peas

Cook the *vegetables* you plan to have for dinner.

Mix together *½ cup grated cheddar cheese* with the vegetables and *2 tablespoons melted margarine. Salt* and *pepper* to taste.

Smear the casserole with *margarine.*

Spoon in the vegetables and cheese mixture.

Top with *½ cup grated cheddar or Parmesan cheese.*

Pour over *2 tablespoons melted margarine.*

Bake uncovered about 15 minutes until well heated and the cheese is browned. Or you can brown under the broiler if you wish.

You can add some cooked macaroni or some cubed potatoes and make a white sauce, add the cheese, and bake for a different, more filling dish.

Dry beans, peas, and lentils are sometimes called "the poor man's meat," and they are good to use instead of meat, so use them. Almost everyone likes dry cooked beans, and if you try some of our recipes for dry beans and lentils, I'm sure your family will enjoy eating them, and you

will be able to save money.

Dry beans and dry peas or lentils can be kept on a shelf. Keep them tightly covered in a jar or plastic bag with a strong tie. Beans, split peas, and lentils will not spoil, but they make a good home for bugs if they are not covered.

SOAKING AND COOKING DRY BEANS

To soak dry beans, use *2½ to 3 cups water* for *each cup of beans;* boil 2 minutes.

Remove from heat, put lid on, and soak 1 hour. This keeps beans from fermenting and the skins from hardening.

To cook dry beans, boil gently in its soaking water for the best flavor; and this is the healthiest way.

Don't boil fast, and don't stir a lot, as this causes skins to break.

Add *salt* to your taste after beans have cooked ¾ of an hour.

Cook beans until tender (about 1 hour 15 minutes).

For added flavor, add *minced onion* and a *tablespoon of margarine or two.*

Pepper always peps up beans.

Hints: Never add cold water to beans that are cooking and need more water—add *hot* water.

PALM BEACH COUNTY BAKED BEANS

delicious anywhere in the U.S.A.

Soak *2 cups dry beans* as usual in *6 cups water.*

Bring beans, *2 pounds smoked pork neck meat, 2 medium onions* and the *soaking water* to a boil.

Turn heat to low, simmer with lid on about 1 hour.

Drain the beans, keep the bean water.

In the bottom of a baking pan, put a layer of beans, layer neck meat with bones removed.

Make 2 more layers, and finish with beans on top.

Mix *¼ cup homemade, maple-flavored corn syrup or syrup, ½ teaspoon mustard* (more to your taste) and enough bean water to cover beans.

Bring to a boil; taste.

Pour over beans just to cover, bake in 250° oven, with lid on.

Bake hours.

From time to time, add more boiling water, so beans are always covered with broth.

Remove the lid the last 30 minutes to let the beans brown on top. If you can't get smoked neck meat, by all means use ham, smoked ham hocks, frankfurters (hot dogs) or bacon to flavor the beans. They are just as good and taste "powerful good."

NEW-WAY COOKED ONE BY ONE LENTILS OR SPLIT PEAS

takes an unbelievable 12 minutes cooking time!

Wash *1 cup lentils or split peas* under running water.

Soak in *2 cups cold water* 1 hour.

Add *2 chicken, onion or beef bouillon powders or cubes* to the lentils and its water.

Bring to a boil, put lid on, turn heat to low, simmer 12 minutes. The lentils or split peas will be separate and are delicious vegetables that go well with any kind of meat.

LENTILS OR SPLIT PEAS AND TASTY BROWNED ONIONS

a vegetable dish everyone will love!

Wash *1 cup lentils or split peas* under running water.

Soak the lentils or split peas in *2 cups cold water* 1 hour.

Chop *1 medium onion* or use *1 cup frozen chopped onions.*

Fry the onions in *1 tablespoon margarine,* more as needed, until soft and yellow (about 15 minutes). Then fry a few minutes longer until the onions turn brown but not burned. (If you use frozen onions, fry without fat until the water evaporates, then add the margarine—you use less fat this way.)

Add *2 chicken or beef bouillon powders or cubes* to the lentils. Bring to a boil, turn heat to low, put lid on and cook 12 minutes. The lentils will be tender, separate, and not mushy. Gently stir in the fried onions. Add some *pepper.* This is delicious with chicken, beef, pork, or lamb.

BAKED CROOK-NECK YELLOW SQUASH OR ZUCCHINI

with a sauce of tomatoes

Wash *6 to 8 young small squash (about 2 pounds)* carefully, especially if you use the zucchini. Rub your hand over it, so it won't be gritty.

Cut into slices (if young, don't peel).

Heat skillet, add *fat as needed,* fry squash slices until tender, not soft, brown lightly. Each pan takes about 5 minutes.

Drain in a strainer to drain off fat.

Remove to baking dish, continue to fry until all the squash is fried.

To make the sauce:

Add to skillet *1 pound can tomatoes,* (broken up, not whole tomatoes), with *1 teaspoon sugar, 2 cloves garlic* crushed, *¼ cup parsley, chopped.*

Cook, stir until the tomatoes are a thickened puree, (about 13 minutes). The puree must not be watery, nor must it be dry.

Lightly mix the squash with the tomato sauce.

Add *salt* and *pepper* to taste.

Sprinkle *¼ cup grated cheese or crumbs* on top.

Bake in 400° oven about 10 to 15 minutes until hot and cheese is golden brown.

A NEW VEGETABLE, RICEALENTIL–TWO IN ONE

most delicious and nutritious

Wash *1 cup lentils* under running water.

Soak the lentils in *2 cups water* 1 hour.

Add *2 onion bouillon powders or cubes* and cook 10 to 12 minutes.

Cook *1 cup rice* in *2 cups water, 2 chicken bouillon powders or cubes* and *1 tablespoon margarine.*

Bring to a boil, put lid on, turn heat to low, simmer 25 minutes.

Run a fork through to fluff.

Lightly mix the two together and you have the new vegetable "ricealentil." It's good with meat chicken or fish.

DRIED SPLIT PEAS

as a delicious vegetable

Don't soak split peas.

Add *½ cup split peas* to *1 cup and 3 tablespoons water,* with *¼ teaspoon salt.*

Bring to a boil.

Turn heat to low, simmer about 45 minutes until peas are soft.

Mash peas, push through a strainer if you have one.

Beat in *¼ to ½ teaspoon sugar* and *1 teaspoon margarine.*

Serve at once. Just about enough for two–of course, you can make more!

BEAN BAKE WITH CANNED LIMA BEANS FOR WORKING MOTHERS

a meal in a dish

Fry *1 medium chopped onion* and *1 chopped green pepper* slowly in *2 tablespoons fat* until onions are soft, not browned.

Add *2 cups cooked fresh or canned tomatoes or 2 cups tomato juice* thickened by shaking in screw-top jar with *3 tablespoons flour,* then cooked with *2 tablespoons sugar* for about 5 minutes until thickened.

Add fried onion and green pepper mixture, *salt* and *pepper* to taste, and *1 teaspoon sweet chili powder* (if you like).

Cut *½ can meat into cubes,* add the tomato mixture.

Drain *2 cups canned lima beans* and add to tomato-meat mixture.

Grate *1½ cups cheese.*

In greased skillet or baking dish, put a layer of bean mixture, then a layer of cheese; repeat.

Bake in 350° oven (moderate oven) 30 minutes.

FRIED PATTYPAN SQUASH OR EGGPLANT

Wash *4 small unpeeled pattypan squash or 2 small, young unpeeled eggplants.*

Dry and slice either the squash or eggplant into thin slices.

Dip them into *1 egg mixed with 2 tablespoons milk,* then lightly into *1 cup flour seasoned with ¼teaspoon salt.*

Heat a skillet hot, add *vegetable shortening.*

Brown each side of the squash or eggplant a lovely golden brown.

Place on heated plate and serve.

These should be crisp and have a fresh taste.

There is one trouble with this dish: you will have to fry and fry a million of these–the family will gobble them up!

SPLIT-PEA VEGETABLE STEW

wait till you see it–it looks good enough to eat!

Wash *1 cup dried split peas* under running water.

Soak in *2 cups of water* 1 hour.

Put in pan, including the soaking water; add *1 onion, 2 chicken or beef bouillon cubes or powders, 1-pound can tomatoes* (doesn't have to be the fancy kind) *1 can (8 ounces) stewed tomatoes, ¼cup rice* and *1 cup water.*

Bring to a boil, turn heat to low, put lid on, cook 30 minutes, stir once in a while to keep from sticking.

Remove lid, cook 10 minutes, taste to add *salt,* if necessary, and add some *pepper.*

This looks as good as it tastes. You can add either canned chicken pieces or canned pork to have a meal in one dish. And for a different taste, grate some of that lovely cheddar cheese on top, and put under the broiler (not too close) to brown.

BAKED ACORN SQUASH

Wash *2 acorn squash,* wipe dry, cut in halves and remove seeds.

Smear *4 teaspoons margarine* inside the 4 halves.

Season with *½ teaspoon salt, 4 teaspoons brown sugar or honey,* a little sprinkle of *nutmeg* in each one.

Bake in 400° (hot) oven about 25 to 30 minutes.

TIPS ON COOKING FROZEN VEGETABLES

peas, green beans, broccoli, cauliflower, brussels sprouts, asparagus, squash

1 package frozen vegetable *is usually (9 or 10 ounces).* Follow the directions on the package.

Cook the frozen vegetable until tender, not too soft; it should have a bite. Use the time suggested in the directions on the box as a guide only. Cook a few minutes less than the directions tell you to—for instance, when it says 5 minutes start tasting at 3 minutes; when it says 10 minutes, start tasting at 7 minutes.

Drain the vegetables, save the broth if there is any. Drink any broth left—you'll be surprised how delicious and nutritious it is.

Add *1 or 2 tablespoons margarine*, some *pepper* and *salt* if necessary.

You can add mushrooms, onions, bacon or sliced almonds to green beans or peas, onions to cauliflower, bacon to brussels sprouts or squash, almonds to broccoli

A DIFFERENT BACON DRESSING

to pour over greens

Fry *4 slices bacon* on low heat until crisp, not hard. Leave fat in skillet, remove bacon and break into pieces.

Mix *2 tablespoons flour* with *1 tablespoon sugar* and stir slowly into the *bacon fat.*

Stir *¾ cups water, ¼ cups vinegar* until sauce is thickened.

Mix *2 eggs* slightly.

Off heat, slowly stir in the eggs, heat and pour over the dandelion greens, Bibb lettuce, or your cooked greens such as spinach, collards, kale, turnip or mustard greens.

FROZEN CHOPPED COLLARD, MUSTARD, AND TURNIP GREENS

these are excellent greens, and if cooked right (the easiest way to cook them), not only give us much needed iron but three different fine vegetable tastes

To cook *any one of these three*, bring *¼ cup to ½ cup water* and *¼ teaspoon salt* to a rolling boil. (If you use ¼ cup water be sure to watch so the greens don't burn.)

Add the greens. Bring back to a rolling boil.

Turn heat to medium, cook, covered, about 10 minutes.

Taste to see if done—vegetable should be tender.

Drain, save any liquid left, drink it hot. It's good. That teenage daughter of yours might like it, too.

To the greens add *1 tablespoon margarine, pepper* and a *little salt* if it needs it. The color will be a lovely, bright green.

For variety:

1. You can add fried pieces of bacon.
2. Add some of the bacon fat instead of margarine.
3. Sliced or chopped hard-cooked eggs are good.
4. A little dried onion soup mix adds still another taste.
5. You can add evaporated milk or cream, or a thin white sauce for a

change.

6. Chopped fried onions with or without peppers are also good.

FROZEN CHOPPED KALE

Bring *½ cup water* and *¼ teaspoon salt* to a rolling boil.

Add *1 box* (10 ounces) *frozen chopped kale,* bring back to a boil.

Turn heat to medium, cook, covered, 15 minutes.

Drain, save the broth and drink—it tastes good.

Add *1 tablespoon margarine, pepper* and *salt,* if needed.

This has a nice green color and a good fresh taste. Whole kale takes about 20 minutes to cook.

FROZEN CHOPPED ONIONS

Stir and fry the *frozen onions* in a skillet on medium heat until all the water has evaporated.

Add *1 tablespoon margarine* to 1 cup onions, turn heat to low and stir; cook about 15 minutes until soft and clear.

If you want browned onions but not burned, bitter onions, turn heat up to medium and stir, cook about 2 minutes or more until browned. Be sure and don't go away.

FROZEN CHOPPED SPINACH

Bring *spinach* with *¼ teaspoon salt* to a rolling boil with lid on.

Turn heat to medium. Pull apart with 2 forks to help spinach defrost and cook quicker. Cook about 3 minutes.

Add *1 or 2 tablespoons margarine,* some *pepper* and *salt.*

Bring *1¾ cups water* and *1 teaspoon salt* to a boil.

Add *1 cup unwashed rice* and *1 tablespoon margarine.* Bring back to a boil.

Put lid on, turn heat to low, simmer 20 minutes.

Take off heat. Let stand 15 minutes with lid on.

Criss-cross rice with a fork to fluff it.

LONG-GRAIN RICE

Put in saucepan *2 cups water, 1 teaspoon salt, 1 cup rice,* and *1 tablespoon margarine.* Bring to a boil. Turn heat to low, put lid on. Simmer 15 minutes.

Remove from heat; don't remove lid; let stand 15 minutes.

Lift lid off. Criss-cross the rice with a fork to fluff it up. It's ready to serve.

Rice reheats beautifully, so it can be made ahead.

SCRAMBLED FRIED RICE

Fry *1 medium chopped onion* in *2 tablespoons fat* until soft but not browned.

Mix *2 cups dry egg mix* with *2 cups water* until all the lumps are out, or use *8 fresh eggs,* add *salt to taste.* Set aside.

Add *3 cups cooked rice* to fried onions and *2 cups canned chopped meat* heat.

Add eggs, scramble with the rice, onions and meat, sprinkle *pepper* on.

Eat hot along with some canned string beans, and serve lemon sherbet for dessert.

SPANISH RICE

no, don't put on your Spanish hat and do a Fandango–you'll miss eating the Spanish Rice!

Cook *1 cup rice* as usual.

Broil *8 slices bacon,* then break each into 4 pieces and save the fat.

Put bacon on a plate.

Cook *½ cup chopped onion* and *¼ cup chopped green pepper* in the bacon fat until the onion is soft and clear.

Add the cooked rice, *1 can (1 pound) tomatoes, 1 tablespoon sugar* and the bacon.

Let come to a boil, turn heat to low, cook about 10 minutes. Taste, see if it needs *salt,* and add some *pepper.*

You can use smoked sausage for a change or your luncheon meat diced. Then you will have a meal in a dish.

BEANS AND RICE, NEW ORLEANS STYLE

they're very nice!

Fry *1 cup rice* in *2 tablespoons fat,* more as needed, until rice is a golden color.

Fry *1 green pepper minced, 2 ribs celery, 1 medium onion,* and *1 clove garlic* until onions are soft and clear in *2 tablespoons oil or margarine,* more as needed.

Stir into the rice.

Add *2 cups chicken broth, 1 teaspoon salt, ½ broken-up bay leaf,* and *1 can red kidney beans,* the firm kind, drained and washed under running water for a fresher taste.

Put piece of wax paper on top and cover with lid. Bake in 325° oven for about 30 to 45 minutes. Fluff, eat.

You can cook this on top of the stove if you wish.

A RICE MEAL IN A SKILLET

a meal in a dish; you have your starch, meat and vegetables

Dissolve on heat *2 chicken bouillon cubes* in the *broth from 1 can whole chicken.*

In a skillet mix *3 cups cooked rice,* the chicken bouillon broth, and the *canned chicken,* skinned, boned and separated into chunks—don't mash.

Save skin and bones to make chicken soup another time.

Add *1 small onion, minced, 1 pound can whole kernel corn and any corn broth, 1 stalk celery, minced.* Set aside.

Bring *¼ cup water* to a boil, add *½ small green cabbage, shredded,* boil without lid 3 to 5 minutes.

Add the cabbage and the water it was cooked in to the rest. Bring to a boil.

Add *salt* and *pepper* as needed.

MACARONI CASSEROLE

you'll need a baking dish greased with margarine

Cook *8-ounce package of elbow macaroni* according to directions on package. Drain, put into a bowl.

Add *2 cups evaporated milk, salt to taste,* and a *little pepper.* Stir well.

Grate *2 cups sharp, aged cheddar cheese;* save about ½ cup to use later.

Mix the grated cheese with the macaroni mixture.

Spoon into a greased baking dish. Bake in 350° oven about 30 minutes.

Sprinkle the ½ cup cheese on top. Put on next-to-bottom shelf of oven.

Broil about 5 to 10 minutes until the cheese has melted.

You can use 1 cup evaporated milk and 1 cup nonfat milk, or you can use 2 cups nonfat milk instead of the two cups evaporated milk.

RICE AND CHEESE EGG PUDDING

a meal in a dish

Preheat oven to 325°.

Cook *1 cup rice;* cool.

Mix *6 eggs* with a fork. Stir in *4 cups milk,* and add to the cooked rice.

Stir in *2 cups grated cheese, 2 tablespoons melted margarine, salt* and *pepper* to taste.

Spoon or pour into greased baking dish. Bake in preheated 325° oven for about 1 hour.

You can add diced luncheon meat and 1 can peas or green beans, drained, and then you will have your whole meal baked in one dish. This is a good dish for older folks, because they like to cook a meal in one dish. But then, who doesn't?

FLUFFY VEGETABLES, CHEESED AND BROWNED

very tasty

Grate or shred *1 cup sharp cheddar cheese.*

Fry *1 large onion, chopped,* until soft and yellow.

Cook *4 Idaho potatoes* and *4 carrots, quartered,* in *water to cover* with *1 teaspoon salt,* until tender.

Drain, shake vegetables over low heat to dry.

Mash the two vegetables, or put through a ricer.

Add *salt, pepper,* a *lump of margarine,* and *hot milk.* Beat until light and fluffy. Stir in the onions.

Spoon into a shallow baking dish. Sprinkle on the cheese. Heat under broiler until cheese is melted and browned nicely. This is good both with fish and meat. If you eat it with fish, be sure and make a cucumber salad. Some orange or lime sherbet is a good dessert.

MACARONI AND TOMATOES

and the trimmings for a meal in a dish

Cook *1 8-ounce package of macaroni* according to directions on package.

Remove pieces of tomatoes from *1 can (16 ounces) tomatoes.* Cut into smaller pieces. Replace tomato juice.

Add to *1 can tomato soup.*

Add *¼ cup each minced onion, green pepper, celery, 1 cup grated cheese.*

Drain *1 large can tuna fish,* cut fish into pieces, add to the macaroni mixture.

Add a *few drops of Tabasco, 1 or 2 tablespoons Worcestershire sauce,* some *pepper* and *salt* to your taste, little *sugar* to taste.

Spoon into greased baking dish. Crumble *crackers* into pieces, sprinkle on top.

Bake in 375° oven about 30 minutes.

This is truly a meal in a dish—all you need is a dessert. How about a fruit salad, either fresh, or canned fruits mixed together.

MACARONI, CHEESE AND FRANKFURTERS

a meal in a dish

Follow instructions on *1 8-ounce package of macaroni* to cook.

Mix together the cooked macaroni, *2 cups grated or shredded cheese, 1 can condensed mushroom soup, 1 small onion, grated, ½ cup milk, salt* and *pepper* to taste.

Place in shallow baking dish or casserole.

Bury *8 frankfurters,* cut into 3 pieces each, in the macaroni mixture.

Crumble some *crackers (enough to cover top),* and sprinkle *2 tablespoons melted margarine* over.

Bake in 375° oven about 30 minutes.

A green bean salad goes nicely with this, and for dessert some tasty Jell–O made with canned pineapple would hit the spot.

SALADS

Salads are such a pleasant way to eat vegetables, especially nice because most of the time they require no cooking. The food stores are like wonderful gardens waiting and ready for your picking. Choose wisely and well.

TOSSED SALAD

this is a salad of greens that one never tires of

You can choose from any of these greens:

Boston lettuce – soft and buttery
Bibb lettuce – crisp and crunchy, a delight
romaine lettuce – crisp with a lot of taste
iceberg lettuce – crisp, keeps well, adds a crunch when cut into pieces
escarole – has a bite
chicory or curley endive – a touch of bitter
Belgian endive – pure delight
watercress – fresh tasting

These add flavor to salads:

scallions
garlic
shallots, between a garlic and an onion, grows easily in a sunny windowsill or in the yard or garden. If you grow some, you'll be delighted, but be sure to plant them right end up, which is the end that looks like a tail!

For the salad dressing:

vegetable oils, such as corn oils, sunflower, cottonseed, safflower, olive oil
vinegars, such as wine vinegar, cidar vinegar, herb vinegars, lemon juice
salt and pepper

To make French dressing, use 3 or 4 tablespoons oil to 1 tablespoon vinegar, wine vinegar or lemon juice, or 4 tablespoons oil to 1½ or 2 tablespoons vinegar to your taste. Put in a screw-top jar with either a garlic

clove cut or crushed or a shallot and ¼ teaspoon salt. Shake. Set aside until ready to use. You can make it in the morning or right before using; let it stand until ready to pour over the greens, then shake, pour, and eat.

What greens to use?

You can use one green or a combination of greens or as many as you wish.

How do you prepare the greens?

One way is to buy the greens fresh, once a week, wash them, dry them, put into a clear plastic refrigerator box with a paper towel on the bottom to absorb any water. Wet another paper towel with cold water, then wring it out. Lay this towel on top of the greens, and put the plastic lid on. This usually keeps the greens beautifully crisp and fresh for one week. Or this, or you can use your crisper drawer, or plastic bags.

How do you wash the greens?

Fill a large bowl or pan with cold water, separate the greens, and put into the water.

Lift out the greens, leaving any sant or bugs on the bottom of the bowl. Repeat this three times.

Drain the greens. Then shake each green separately to get rid of any extra water clinging to it.

Spread on paper towels to dry. Wipe dry, if necessary.

Store without crushing.

Get the salad ready the last thing when preparing your dinner, as you want it crisp.

Get your homemade *French dressing* or make the dressing now.

Put the *crisp greens* in a large bowl.

Pour the dressing over and toss.

Add *salt* and *pepper* to taste.

Have a good crunchy, crispy time!

MACARONI SALAD

Cook *1 (8 ounce) box macaroni* according to directions on box. Don't overcook, drain, cool.

Hard-cook *4 eggs*.

Separate, mince the whites and add to the macaroni.

Push the yolks through a strainer; use your clean hands.

Stir the yolks into *¼ cup distilled white vinegar*, mix with *2 tablespoons prepared mustard* and *2 tablespoons sugar;* then add to macaroni.

Mince *½ green pepper*, *¼ cup celery*, *¼ cup onion*, and add with *1 teaspoon salt* to taste, *¼ teaspoon pepper*, *1 teaspoon celery seed*, and *½ cup unsweetened mayonnaise* to the macaroni very gently so as not to mash.

Taste, correct seasoning.

MEAT, CHICKEN AND VEGETABLE SALAD

for a hot day

You need *3 cups of cooked rice.*

Cut the chicken pieces from *1 can of boned chicken* into bite-size pieces.

Cut *½ can of luncheon meat* into cubes.

Drain *1 can of peas.*

Very lightly—don't mash—mix the cooked rice, diced chicken, cubed luncheon meat and the drained peas with some *salad dressing thinned with a little nonfat milk.* Grate a little *onion* on top, or use some *onion powder;* add *salt,* and sprinkle in some *minced parsley.* Don't forget a sprinkle of *pepper.*

Hot biscuits are good with this salad, or store-bought rolls— the crispy kind.

If you have an oven, try this "bread"—it's something new. Make your biscuits as usual from your mix, but shape it into one large "thinnish" cake edge with the prongs of a fork—makes a pretty design. Bake on cookie sheet in a preheated 450° (hot) oven about 12 to 15 minutes. It's good sprinkled with a little grated cheese before baking.

CURRIED CHICKEN SALAD

Cook *1 cup rice,* cool.

Cook *one 3-pound chicken,* cool in the broth.

Dice the chicken.

Cook *1 small cauliflower* separated into small flowerlets just until crisp and tender (about 5 minutes),

Mix *½ cup mayonnaise,* diluted with *3 tablespoons milk,* with *2 teaspoons curry.*

Add chicken and mix carefully.

Toss the rice and cauliflower with French dressing made of *6 tablespoons vegetable oil* with *2 tablespoons wine vinegar* and *2 tablespoons lemon juice, ¼ teaspoon salt, 1/8 teaspoon pepper,* and *2 cloves garlic, mashed or ¼ teaspoon dried garlic powder,* shaken in a screw-top jar.

Add the rice mixture to the rest with *1 peeled, seeded, and sliced canned pimento* and *3 tablespoons minced celery.*

Taste, add *salt* and *pepper* if needed.

Serve on *lettuce leaves* or shred crisp *iceberg lettuce* and sprinkle over the chicken salad, which makes the chicken salad more interesting.

I always add a few drops of Tabasco to bring out the taste of the bland rice and chicken.

MEAT AND EGG SALAD

Mix *4 hard-cooked eggs, chopped,* or *1 cup dry egg mixed with 1 cup water* until all lumps are out, then scrambled, with ¼ teaspoon salt. Let get cold.

Add to *2 cups cubed, canned meat, 2 tablespoons minced onion, celery or green pepper,* whichever you have, *1 or 2 cups leftover or canned beans, 1 cup cheese, cubed,* with *¼ cup or more salad dressing.*

Add *salt* and *pepper* to taste.

You can vary this by adding canned peas or green beans, minced parsley, and instead of salad dressing, use ¼ cup oil and 1 tablespoon or more vinegar to your taste.

CHICKEN SALAD

Separate whole pieces of canned chicken from the mushy chicken, or use cooked fresh chicken.

Cut *whole chicken into bite-size pieces,* save mushy chicken for use in another dish.

Mix *¼ cup celery* with *¼ cup minced scallions or onions* and the chicken pieces.

Put *¼ cup vegetable oil* and *2 tablespoons vinegar, ¼ teaspoon salt* in a screw-top jar and shake.

Pour over the chicken mixture. Stir in about *¼ cup mayonnaise,* or more, if needed, and add *salt* and *pepper* to taste.

For a change, why not practice a little magic and add ½ teaspoon curry to the mayonnaise before tossing it with the chicken?

CHICKEN SALAD AND VEGETABLES

a meal in one dish; can be made ahead of time

Skin and bone *1 can of whole chicken*, save bones and skin to make broth another time.

Pull chicken apart into bite-size pieces.

Chop *1 medium onion* and *2 stalks celery fine.*

Mix all three with your favorite *mayonnaise*, add *salt, pepper* to taste and a *few drops of Tabasco.*

Spoon onto *shredded lettuce leaves* arranged in the middle of a platter.

Open *1 can green beans,* drain, mix with *¼ cup cider vinegar, 2 tablespoons oil, minced onion, salt* and *pepper to taste. Let season about 10 or 15 minutes.*

Boil *1 quart (4 cups) cubed potatoes* in *lightly salted water.*

Cook until soft, not mush (about 10 minutes). Drain.

Mix with *¼ cup each chopped celery and onion, 2 tablespoons vinegar, salt* and *pepper* to taste, and *¼ cup mayonnaise.*

Arrange each vegetable in a separate pile around the chicken salad. Also add some *sweet pickles,* and don't forget to add a dish of mayonnaise for the vinegared vegetables.

Buy a loaf or two of crusty bread to go with this fine dish for a hot day.

CARROT-PINEAPPLE MOLD

it's good as a sclad–great as a dessert

Strain *1 cup crushed, canned pineapple;* set the juice aside.

Add *enough cold water to the juice from 1 lemon, strained to make 1 cup liquid.*

Stir *1 cup boiling water* into *1 package lemon or orange Jell-O* until it dissolves.

Add the lemon juice mixture to the hot Jell–O, then add the crushed pineapple and *1 carrot, grated.*

Run cold water over the mold or pan, pour in the Jell–O mixture, place in refrigerator to jell.

To unmold, dip mold quickly in hot water a few times just for a second, turn out onto a serving plate.

This can be made in individual cups as well.

COLE SALW

Shred *1 small green cabbage to make 2 cups.*

Mix *¼ cup vinegar* into *¼ cup sour cream.*

Stir in *3 tablespoons sugar, 1 teaspoon salt, 1/8 teaspoon dry mustard.*

Pour over cabbage just before serving.

You can vary this by adding ¼ chopped green or red pepper or *grating in some* carrots.

PENNSYLVANIA DUTCH COLE SLAW

Chop *1 small green cabbage very fine to make 2 cups.*

Mix together *¼ cup mayonnaise* with *¼ cup + 2 tablespoons sour cream, ¼ cup + 1 teaspoon white vinegar, 2 talbespoons sugar,* and *¾ cup + 1 tablespoon milk.*

Pour over the finely chopped cabbage. Place in refrigerator.

Serve in small deep saucers.

CUCUMBERS WITH SOUR CREAM DRESSING

Cut *2 cucumbers* and *1 medium onion* into thin slices.

Mix *4 tablespoons vinegar, ¼ teaspoon salt* and *4 tablespoons sugar*

together.

Pour over the cucumbers and onion. Put in refrigerator.

Just before serving stir in *¼ cup sour cream.*

PENNSYLVANIA DUTCH POTATO SALAD

Hard-cook *2 eggs,* separate, mince the whites, push the yolks through a strainer (use your clean hands).

Bring *4 cups, peeled, cubed waxy potatoes* (not the mealy kind you use to make whipped potatoes) with *water to cover* and *1 teaspoon salt* to a boil. Reduce heat to medium, cover, boil gently about 4 or 5 minutes until tender, taste. Drain.

Place hot potatoes in a large bowl. Pour *¼ cup white vinegar* mixed with *1½ tablespoons sugar* on and let cool.

Add minced fine *½ cup celery, ½ cup onion, ½ cup green pepper, ¼ teaspoon celery seed, pepper* to taste, and the minced hard-cooked egg whites.

Stir the strained hard-cooked egg yolks into *½ cup unsweetened mayonnaise.*

Add the egg-yolked mayonnaise to the rest of the salad and mix gently. Taste, see if it needs more *salt* or *pepper.*

This is a good potato salad for your family, church suppers or picnics—but be prepared to make a lot, it goes very fast!

COOKED SALAD DRESSING

Combine *3 tablespoons sugar, 1 teaspoon salt, 2 tablespoons flour,* and *1½ teaspoons dry mustard.*

Add *2/3 cup water* and stir until smooth.

Gradually stir in 1/3 cup vinegar.

Add *2 teaspoons oil.*

Cook over low heat, stir constantly, until the mixture thickens (about 3 minutes). Remove from heat. Cool 5 minutes. Sprinkle *¼ cup dry egg mix* over *¼ cup water,* stir to moisten, beat until smooth, or use *a fresh egg.*

Gradually add the cooled mixture to the egg, stir to blend.

Cook until thickened, (about 2 minutes). Be sure and stir constantly.

Cool quickly by setting container in cold water and stir.

Makes 1½ cups salad dressing.

TOMATO SALAD–SIMPLE BUT DELICIOUS

when tomatoes are ripe and in season

Slice *2 large ripe tomatoes,* beautifully red but not soft, thin or thick as you prefer.

Mix *½ cup oil* (use your favorite brand, but be sure it's fresh) with *2 tablespoons cider vinegar or wine vinegar* and *1 teaspoon lemon juice.* You can omit the lemon juice if you like.

Pour over the sliced tomatoes, and put in refrigerator for a few hours.

Serve with *minced parsley* and a very thin *sliced onion.* (You use sweet onions, Spanish or Bermuda.)

MIXED VEGETABLE SALAD

this salad has all the vegetables, so you won't have to cook any with the meat

Combine as few or as many of these vegetables, canned, leftover, cooked fresh, or frozen, as you like, such as: *carrots, peas, green beans, lima beans, potatoes, macaroni, hominy, broccoli* or *cauliflower.*

Marinate or soak separately as many or as few of the above cooked vegetables in a French dressing made of *¼ cup vegetable oil, 2 tablespoons vinegar* and *1 tablespoon lemon juice,* a *clove of garlic,* and *½ teaspoon salt. Make more dressing according to how many vegetables you use. (You can vary this by adding ¼ teaspoon dry mustard* or any of your favorite herbs.)

Add *pepper* before you serve the salad, and *salt* if necessary.

You might want to add a few drops of *Tabasco* for added "zing".

Before serving you can add some *unsweetened mayonnaise,* or you can place the mayonnaise in a separate dish for everyone to help himself.

A HEARTY BEAN SALAD

a meal in a dish

Mix gently *3 cups cooked beans, 4 hard-cooked eggs, chopped, or 8 eggs, scrambled, or use the dry egg mix,* if you have it.

Add *½ cup onion, minced fine, ¼ cup green pepper, minced fine, 1 cup cheddar cheese, diced, 2 tablespoons milk* mixed into *½ cup salad dressing or mayonnaise.*

Salt *to your taste, add* pepper.

Mix gently, don't crush.

BEAN SALAD FOR A HOT DAY

a meal in a dish

Mix *3 cups cooked beans* with *¼ can meat or 1 can luncheon meat, cubed, 1 small onion, chopped, ¼ cup vinegar, ¼ teaspoon sugar.*

Add *salt* and *pepper* to taste.

KIDNEY-BEAN SALAD

To take the canned taste from beans, run them under cold water a second: save the bean broth.

Mix 1 can (16 ounces) firm kidney beans with *2 hard-cooked eggs, diced, ¼ cup each minced celery, onion, green pepper, unsweetened mayonnaise, ¼ teaspoon salt, 1/8 teaspoon pepper* or to taste, and *2 tablespoons milk or bean broth.* Mix gently so as not to crush the beans.

Let season in the refrigerator.

If your family is like ours, double this recipe.

BEAN SALAD

Hard-cook *3 eggs, chop.*

Strain *2 16-ounce cans of Great Northern beans.*

Mix the beans and eggs with *½ cup minced-fine onions, ¼ cup celery, 8 sweet gherkins or other sweet pickles,* quartered and sliced, *½ cup unsweetened mayonnaise* diluted with *2 tablespoons milk, salt* and *pepper* to your taste.

Add *½ minced green pepper* for a change.

With slices of canned meat or corned beef or shredded and fried dried beef, you have a good quickie meal; and don't forget to open a can of peaches, which is usually a good buy. For a good hot toasted bread, cut an Italian bread down the middle lengthwise, spread with margarine, then put it back together and heat in the oven; or leave it open and put it under the broiler.

LENTIL SALAD

a very good-tasting vegetable with plenty of oomph!

Wash *1 cup lentils* under running water. Let soak in *1¾ cups water* for 1 hour. Save the water.

Add *2 chicken bouillon powders or cubes.*

Gently add the lentils and its soaking water, turn heat to low. Cover. Simmer until tender, takes 12 minutes. Cool.

Combine *4 scallions, minced greens and bulbs or onions to make ½ cup,* and add *¼ cup minced parsley* to the cold lentils.

Shake in a screw-top jar *¼ cup vegetable oil* with *2 tablespoons cider vinegar.*

Pour over the lentils and gently mix, adding *salt* and *pepper* to taste.

For a hot day when you don't feel like cooking, why don't you open a can of boned chicken and separate the whole pieces from the mushy chicken (use the mushy chicken for making chicken roll the next day) and cut the chicken into nice pieces to add to your salad. You can then have your entire meal on one plate.

RICE AND LENTIL SALAD

Cook *1 cup rice* as usual and set aside.

Wash *1 cup lentils* under running water. Soak the lentils in *2 cups water* for 1 hour. Save the water.

Stir *2 chicken or beef bouillon powders* in the soaking water, bring to a boil.

Add lentils, bring to a boil, turn heat to low, cover. Cook 12 minutes. Take lid off. Cool.

Cube *½ cup cheese*, cut *4 scallions, greens and bulb, or ¼ cup onions, minced, ¼ cup parsley* and *¼ cup green pepper.*

Shake *½ cup vegetable oil* with *3 tablespoons vinegar, 1 clove garlic, minced,* and *¼ teaspoon salt.*

Gently combine all the vegetables with the rice.

Pour over the dressing, add some *pepper* and a few drops of *Tabasco.*

Just before serving, add *¼ cup mayonnaise* if you wish.

You can add tuna fish or drained or cut-up canned chicken or turkey and have a whole meal in one salad. If you are out of tuna or chicken but have eggs, hard-cook them, cut them in halves and make a pretty ring with them. Serve mayonnaise with the eggs. If you are fresh out, scramble some of the dry egg mix and make a border of them around the vegetable salad. Mince some extra parsley to sprinkle on top. You can of course, buy parsley at the supermarket, but if you have a yard or a sunny windowsill, why don't you grow your own? The Italian parsley is the most flavorful and grows like mad.

DESSERTS

Just about everyone loves a dessert or a sweet snack. Sometimes, many times, you and the children need a little energy booster. That's when a sweet such as fruit, ice cream, cookies, flavored milk, and even candy comes in handy.

I'm not going to preach and say, "Don't eat it," because I know you—and I—are going to eat these goodies, and they do give us energy and they do taste good, but . . .

Children! Boys! Girls! Teenagers! Mothers! Fathers!

1. Right after eating sweets, run, don't walk and *brush your teeth!*
2. If you don't have tooth paste, get a cup of warm water, mix in *a teaspoon of salt* and rinse your mouth!
3. If no salt is handy, rinse your mouth anyway. This will help prevent cavities in the teeth, save the enamel and save trips to the dentist!

Here is a list of fruits to choose from for your shopping list for desserts and snacks.

- Apples
- Apricots
- Avocados
- Bananas
- Berries
  - Blackberries
  - Blueberries
  - Cranberries
  - Raspberries
  - Strawberries
- Cherries
- Dates
- Figs
- Grapefruits
- Grapes and raisins
- Guavas
- Lemons
- Limes
- Melons
  - Cantaloupes
  - Casabas
  - Cranshaws
  - Honeyballs
  - Honeydews
- Persion
- Watermelons
- Mangoes
- Nectarines
- Oranges
- Papayas
- Peaches
- Pears
- Pineapples
- Plums and prunes
- Tangelos
- Tangerines

What is a "serving" of fruit?

½ cup of cooked fruit or canned fruit
1 medium apple, banana, or orange
½ medium grapefruit
½ medium cantaloupe

FRESH MIXED FRUIT FOR DESSERT

Use a sharp knife to cut *whatever fruit is in season* into bite-size pieces. Be careful—don't squash.

Add some *orange juice*, *lemon juice*, and *sugar*, to your taste. You will be surprised what a delicious flavor the lemon juice gives the the rest of the fruit.

You can choose from pears, peaches, cherries, nectarines, apricots, apples, cantaloupes, watermelons, oranges, pineapple and bananas.

Fresh fruit makes the very best dessert. How about some store-bought cookies to go with it?

For an extra special dessert, but a big spoon of sherbet on top of the fruit. It's so refreshing after working all day long.

APPLE SAUCE

Wash 6 apples. Cut in slices; do not peel or remove centers.
Add *2 cups water*, bring to a boil.
Turn heat to low, put lid on, cook about 15 minutes.
Put through a food mill or strainer.
Add *sugar* to your taste.

CANNED APPLE SAUCE WITH A HOMEMADE FLAVOR

you add the homemade touch

Take *one jar (2 pounds, 3 ounces) apple sauce.*
Add *3 tablespoons lemon juice* and *½ teaspoon cinnamon.*

These not only make it taste homemade, but the apple sauce looks much prettier.

TOP-STOVE RICE PUDDING

with dry egg mix or fresh eggs

Combine *2 cups milk, 1 cup cooked rice, 1 tablespoon melted margarine, 1/3 cup sugar, ¼ teaspoon salt,* and *1/3 cup raisins.*

Sprinkle *½ cup dry egg mix over ½ cup water* and beat to blend, *or* use *2 fresh eggs.*

Mix with the milk-rice mixture.

Pour into a greased 9-inch metal layer-cake pan.

Set pan inside a 10-inch heavy skillet filled halfway with water and cover with wax paper; then put lid on. (The skillet serves as a top-of-stove oven.)

Place skillet on low heat and cook for 55 minutes or until pudding is set.

Do not remove cover during the cooking period.

See, you can have rice pudding without cooking it in an oven.

BAKED RICE PUDDING

the children–and Grandpa–love this

Grease a deep baking dish (a 10-inch, heat-proof, round glass Fire King or Pyrex casserole is good).

Cook *½ cup rice* as usual (makes 1½ cups cooked rice).

Beat *3 eggs* with a fork.

Stir in *½ cup sugar,* a *pinch of salt,* and *1 teaspoon vanilla.*

Stir in *3 cups nonfat milk* and *1½ cups cooked rice.* Add *1 cup soft raisins.*

Put in 300° (low heat) oven about 1 hour.

OUR FAVORITE RICE PUDDING WITH RAISINS MADE ON TOP OF STOVE

Cook *1 cup rice.*

Soften *½ cup raisins in boiling water* 2 minutes, drain and dry.

Stir *3 cups milk* into *1 box vanilla pudding mix.*

Add *1 teaspoon vanilla* and *2 cups cooked rice.* Save the rest to use another time. Cook and stir about 5 minutes or a little more until thick and creamy.

Add *1 tablespoon margarine.*

Mix *2 eggs.* Take pudding off heat, slowly stir the eggs into the pudding.

Put back on medium heat and cook, stir for a minute or so, but do

not boil. The eggs give it a richer taste. (You can stir in dry egg mix instead of using fresh eggs).

Remove from heat, stir in *raisins.*

Cool, push a piece of Saran or wax paper right on the pudding (not over the pudding) to keep a skin from forming. When cool, put in refrigerator.

CUSTARD, SMOOTH AND DELICIOUS

made with dry egg mix and dry milk

Preheat oven to 325° (low heat).

You need *2 baking pans,* one large enough to hold the other easily, or baking cups and a pan to put cups into.

Mix *1 cup dry egg mix, 1 cup dry milk, ½ cup sugar, 1/8th teaspoon salt.*

Gradually stir in *4 cups water* until there are no lumps. Strain.

Stir in *1 teaspoon vanilla.*

Pour into baking cups ¾ full.

Sprinkle on a little *nutmeg or cinnamon.*

Place into larger pan filled with hot water 1 inch high.

Bake in 325° (low heat) oven about 45 minutes or longer if necessary.

Test by inserting knife one inch from edge of custard. If it comes out clean, the custard is cooked.

Cool.

This is a smooth, delicious custard and easy to make.

TOP-STOVE BREAD PUDDING

Make a double boiler out of two pans (fit the smaller one into the larger pan, and cover with a lid), or use your double boiler.

Spread *1 cup brown sugar* into the top part of your homemade double boiler.

Toast *3 pieces white bread* lightly. Brush *1 tablespoon margarine* lightly on both sides.

Cut into cubes, arrange on top of the brown sugar.

Mix *2 eggs* with an egg beater.

Add *1 teaspoon vanilla* and *1/3 cup sugar.*

Stir in *2 cups milk.*

Pour over the toast; sprinkle on a little *cinnamon or nutmeg.*

Half-fill the bottom pan with hot water. Place the bread pudding pan in. Turn heat to simmer.

Lay a piece of wax paper over the top and put the lid on.

Simmer about 1 hour to 1 hour 20 minutes until done.

Let the custard bread pudding get cold before eating. The brown sugar turns into a sauce for the bread pudding custard.

EASY NEW-WAY BUTTERSCOTCH CUSTARD

Preheat oven to 325°; if your oven is a hot one, bake the custard at 300°.

Mix *2 large eggs* with an egg beater or a fork.

Stir in *1/3 cup sugar* and *1/8 teaspoon salt.*

Stir in *2 cups milk* and *1 teaspoon vanilla.*

Press *1 tablespoon brown sugar* into each of 7 or 8 custard cups.

Spoon the custard on top.

Put custard cups into pan of hot water. Sprinkle on some *nutmeg or cinnamon.*

Place in oven. Bake about 1 hour or more if necessary.

Stick a knife near edge; if it comes out clean, the custard is done.

Cool. Before you serve, unmold on a plate; the butterscotch sauce will be on top—serve it as it is.

Keep in refrigerator.

You can make this custard without the brown sugar, and it tastes just as good. You can make these on top of the stove: put the custard cups in a skillet filled with 2 inches of water. Put wax paper over the cups, put a lid on, and bake on low heat. Takes about 40 minutes to bake.

CHEF JOHN'S NOODLE PUDDING

Preheat oven to 300° (low heat).

Cook *1 package (8 ounces) bread noodles* according to directions on package.

Run cold water over them. Drain well.

Mix *6 eggs* or 1½ cups dry egg mix.

Stir in 1 quart or 4 cups milk.

Add 1 container (1 pound) cottage cheese, salt *to taste, and 2 tablespoons sugar or up to ½ cup sugar* if you like it sweet, and combine it lightly with the cooked noodles.

Spoon into buttered baking dish.

Put dish in pan of hot water and bake in 300° oven about 1 hour.

COFFEE CAKE FROM QUICKIE MIX

Preheat oven to 375° (moderate heat).

Mix *2 cups Quickie Mix* with *1/3 cup sugar* and *2 tablespoons soft margarine.*

Add *½ cup milk* and *1¼ cup dry egg mix* mixed int *¼ cup water* until all lumps are gone, *or* use *1 shell egg.*

Beat about ½ minute.

Spread ½ the batter in a greased baking pan.

Drop ½ the *topping* over it.

Spread the rest of the batter on top, drop the rest of the topping over

this batter.

The toppings will melt into the coffee cake as it bakes. Bake in preheated 375° (moderate oven) about 25 minutes.

Serve warm.

Topping

Mix *½ cup sugar* with *1½ teaspoons cinnamon, 2 tablespoons soft margarine* and *¼ cup flour.*

COFFEE CAKE WITH A NUTTY FLAVOR

Preheat oven to 375° (moderate heat).

Mix *2 cups Quickie Mix* with *1/3 cup sugar* and *2 tablespoons soft margarine.*

Add *½ cup nonfat milk* and *1 beaten egg, or ¼ cup dry egg mix with ¼ cup water* until lumps are out.

Beat about ½ minutes.

Spread ½ batter into greased pan.

Sprinkle with half of *peanut butter topping.*

Cover with rest of batter, sprinkle rest of topping on.

Place in preheated moderatve oven (375°).

Bake about 25 minutes.

Serve warm.

PEANUT BUTTER TOPPING

Mix *¼ cup sugar* with *¼ cup flour, 1 tablespoon soft margarine, ½ tablespoon evaporated milk* (use 2 tablespoons margarine if you use nonfat milk), *¼ cup peanut margarine.*

RAISIN COFFEE CAKE

with a real coffee-cake flavor

Grease a *9 or 10-inch baking dish* or use your skillet with some margarine or a little oil, about ½ teaspoon.

Mix together *2 cups flour, ½ cup sugar, 4 teaspoons baking powder, ½ teaspoon salt,* and *1 cup raisins.*

Mix *2 eggs* with a fork, and stir in *¾ cup milk* and *1 teaspoon vanilla.*

Add to the flour mixture. Stir to combine and beat about 75 strokes or almost a minute.

Add *½ cup vegetable oil* and beat ½ minute or 25 to 30 strokes.

Spoon into the greased baking dish or skillet. Place in a cold oven.

Turn heat to 450° (very hot oven); bake 10 minutes.

Turn heat to 400° (hot oven); bake 3 minutes.

Turn heat to 350° (medium oven); bake about 22 minutes—when you put a toothpick in and it comes out dry, the coffee cake is done.

This coffee cake "bursts" as it bakes; don't be alarmed. This is what it is supposed to do. Remove from oven; cool.

If you use a larger baking pan, you will find that you can put it in a cold oven, turn heat to 450° for 10 minutes; then turn heat to 400°, bake 10 minutes, and the coffee cake will be done. Test to be sure. Ovens vary, so that you might have to turn the heat back a little longer. You can make a topping to put on half of the batter. Then add the rest of the batter as usual; or you can put the topping on top and bake.

Topping

1/3 cup sugar, white or brown, *mix with* 1/3 cup flour *and* 2 teaspoons cinnamon *and crumble in* 2 tablespoons margarine.

SOUR-CREAM COFFEE CAKE

one of the best coffee cakes you'll ever eat

Separate *3 large eggs*, yolks from the white.

Mix *½ cup chopped nuts* with *½ teaspoon cinnamon* and *2 teaspoons sugar*; set aside.

Preheat oven to 350° (medium oven).

Grease 9-inch tube pan (angel food cake pan) with *oil or margarine*.

Sprinkle some *flour* in and shake around to cover, then bang out any extra flour.

Put *2 cups flour* into a sifter; remove *4 tablespoons* of the flour.

Add *1 teaspoon baking powder, 1 teaspoon soda, ½ teaspoon salt.*

Sift. Cream *½ cup margarine* and 1¼ cups sugar 10 minutes on high speed in your mixer, or mix 13 minutes by hand.

Add 3 large egg yolks, one at a time and beat 5 minutes by mixer. 10 minutes by hand.

Stir in *3 tablespoons brandy*.

Add the sifted flour mixture by hand, alternately with *1 cup sour cream*, adding the flour last and being careful not to overmix, just to combine.

Beat 3 egg whites stiff but not dry; use your egg beater. Hold the beater up—if it holds a peak straight, the whites are ready. Stir in 1 or 2 tablespoons into the batter to lighten it. Then fold in the rest of the egg whites.

Spoon ½ the batter into the baking pan. Sprinkle the nut mixture on the batter. Spoon the rest of the batter on top.

Bake in the preheated 350° oven about 55 to 60 minutes.

Remove from oven; place on rack to cool about 10 minutes; turn over on rack to cool completely.

This is a super-duper coffee cake, and your friends and family will enjoy it very much. You can vary this cake by adding raisins, about ½ to 1 cup. Try the golden raisins for a change.

YOGURT COFFEE CAKE

not as rich as the sour cream coffee cake, but just as good!

Preheat oven to 350° (medium oven).

Separate *3 large eggs*, yolks from the whites.

Cream *¾ cup margarine* with *¼ cups sugar* with electric mixer for 10 minutes or 13 minutes by hand until light and fluffy.

Add, one at a time, 3 large egg yolks; beat 5 minutes by mixer, or 10 minutes by hand.

Stir in *3 tablespoons brandy*.

Measure *2½ cups flour*, then remove *5 tablespoons* flour.

Put the remaining flour into a sifter, add *1 teaspoon soda*, *½ teaspoon salt* and sift.

Add the flour to the egg-sugar mixture alternately with *1 cup plain flavored yogurt*, ending with the flour.

Stir in *½ cup raisins or finely chopped candied fruit* but don't overmix.

Whip the 3 egg whites stiff but not dry; they should hold a straight peak when you lift the beaters out.

Take *2 tablespoons* of the whipped whites and stir into the batter to lighten it. Fold in the rest of the whites, being careful not to overmix.

Spoon into a 9-inch tube pan (angel cake pan), well greased, and bake about 55 to 60 minutes in the preheated 350° oven.

Cool on rack for 10 minutes before removing from pan.

This is a very good cake. If you don't have any brandy, try some sherry. Or, how about 2 teaspoons of vanilla or lemon flavoring?

DELICIOUS PRUNE ROLL FROM QUICKIE MIX

Preheat oven to 425° (hot oven).

Add *2 tablespoons sugar* to *2 cups Quickie Mix*.

Add *5 tablespoons water*, form into a ball, knead.

Pat or roll dough to desired shape and thinness – about ¼ inch thick.

Smear on *1 tablespoon melted margarine*.

Cut *cooked prunes* in pieces, spread on the dough, leaving about an inch all around so the prunes won't run out.

Sprinkle with *2 tablespoons sugar* mixed with *1 teaspoon cinnamon*, leaving a little for later. Dot with *margarine*.

Roll into a long roll, sprinkle with the rest of the cinnamon-sugar mixture.

Bake in preheated 425° (hot oven) about 20 minutes until nicely browned.

COOKED PRUNES

Cook prunes with *water to cover*.

Add *2 slices lemon for ½ box of prunes* or *4 slices lemon for one box of prunes*.

Simmer ½ hour.

PEACH COBBLER

Preheat oven to 450° (very hot oven).

Remove 2 tablespoons juice from *1 can (1 pound 13 ounces) sliced peaches*.

Stir in *1 tablespoon cornstarch* to the 2 tablespoons of juice.

Heat the sliced peaches and the rest of the juice with *2 tablespoons lemon juice* and bring to a boil.

Stir in the cornstarch mixture, cook and stir about 1 minute until clear.

Pour into a baking dish.

Put into oven.

Mix together *1 cup Quickie Mix* with *¼ cup margarine* until it looks flaky or lumpy; stir in ¼ cup *milk*.

When the peach filling is hot and bubbling, use 2 small spoons to drop in the dough bit by bit.

Sprinkle dough with *sugar mixed with cinnamon*.

Continued to bake about 15 to 17 minutes. Serve hot for best taste.

FRUIT COBBLER

You can use any canned fruit to make a cobbler.

You can also use *3 cups fresh fruit* in season, using *sugar to taste*, *2 tablespoons lemon juice*, and *¾ cups water;* bring to a boil and cook a few minutes, then stir in the *cornstarch* mixed with *2 tablespoons water* and cook until clear.

Put into preheated oven and make the topping as usual.

CINNAMON-BAKED APPLE SLICES

Put *pie-sliced apples from a 1-pound, 4-ounce can* in a shallow baking dish.

Squeeze *¼ piece lemon* over the apples.

Sprinkle *¼ cup brown sugar* and *½ teaspoon cinnamon* over the apples.

Dot with *1 or 2 teaspoons margarine.*

Bake at 450° (hot oven) 30 minutes.

These are delicious with chicken or ham and a good crispy duck, but particularly good as a dessert. The children might like to spoon some evaporated milk or whipped topping (see recipe for topping made with dry milk), over these luscious apples.

A YELLOW CAKE MIXED BY HAND

get your hands ready to beat, but it's worth it, though–a new way to make a cake

Preheat oven to 350° (moderate oven).

Put in bowl *2 cups flour*; take out 4 tablespoons flour.

Add *3 teaspoons baking powder, 1 cup sugar* and *½ teaspoon salt.* Mix.

Add *½ cup vegetable shortening.*

Mix with a pastry blender or 2 forks until flour looks like fine flakes.

Add *1 cup nonfat milk, 2 teaspoons vanilla,* and *2 well-beaten eggs.* Mix. Beat 300 strokes by hand. The batter should be smooth and velvety.

Pour into 2 greased floured cake pans.

Bake in preheated 350° oven 30 to 35 minutes.

Cool 10 minutes, no longer. Remove. Put on rack to cool.

Of course, if you have a mixer or electric beaters, by all means use them!

A CHOCOLATEY CHOCOLATE CAKE

brand-new method–tender and rich–and easy!

Preheat oven to 350° (medium heat).

Put in a bowl *2 cups flour, 2½ teaspoons baking powder, ½ teaspoon soda, ½ teaspoon salt.* Mix.

Add *1½ cups sugar* and *½ cup cocoa.* Mix.

Add *½ cup + 2 tablespoons vegetable shortening.* Mix with a pastry blender (costs about 39c to 59c) until flour looks like fine flakes.

Add *1¼ cups clabber or buttermilk* and *¼ cup nonfat milk, 2 teaspoons vanilla,* and *2 beaten eggs.* Mix. Beat 300 strokes by hand. The

batter will be smooth and look good enough to eat raw, but don't.

Pour into two greased and floured 9-inch cake pans.

Bake in preheated oven 30 to 35 minutes.

Remove to rack. Let sit 10 minutes, no more. Turn out onto rack to cool.

Of course, if you have an electric mixer, by all means use it.

PINEAPPLE UPSIDE-DOWN CAKE

from a cake mix; excellent and a quickie

Preheat oven to 350°.

Mix *½ yellow cake mix* with *1 egg* and *½ cup + 3 tablespoons water*, following the directions on mix.

Pour mix into well-greased 8½-inch square cake pan.

Make topping as follows:

Spoon *8¾ ounce (buffet side) can crushed pineapple*, drained well, *or whole slices from a 14-ounce can*, drained well, on top of the cake.

Sprinkle *½ cup dark brown sugar* on top.

Add *enough water to the pineapple juice to make ½ cup*, heat until hot (not real hot but hotter than warm), but do not boil.

Gently pour on top.

Bake in preheated 350° oven 40 minutes.

You will have a surprise!

CARROT CAKE

one of the most delicious cakes!

Preheat oven to 350° (moderate oven).

Mix *4 eggs.*

Add *2 cups sugar, ¼ teaspoon salt*, and beat about 1 minute.

Stir in *1¼ cups vegetable oil.*

Mix together with a spoon or sift *2¼ cups flour* with *2 teaspoons baking soda, 2 teaspoons baking powder, 2 teaspoons cinnamon.*

Steam *1 cup raisins* to soften.

To the egg mixture, slowly add the raisins and the flour, a little at a time, until all has been added.

Stir in *2 cups shredded carrots.*

Put into an ungreased 10-inch angel food pan.

Place in 350° oven. Bake about 1 hour 10 minutes or until done.

WHIPPED TOPPING

made from your dry milk and used like whipped cream

Put *½ cup ice water* into a bowl.

Add *½ cup dry milk.*

Beat until stiff; use an egg beater. Add *½ cup sugar*, a little at a time, while you beat.

Add *2 tablespoons lemon juice* and beat only until well mixed. The lemon juice will make the topping stiffer.

You can use this whipped topping as you would whipped cream on Jello, puddings, cakes and fruits, too.

For a different dessert, mix a *box of flavored gelatin* as directed on the package.

Let the gelatin chill in the refrigerator until it is as thick as egg white.

Whip it a little with a fork or egg beater.

Fold your whipped topping into the gelatin.

Put in the refrigerator to get thicker.

MY DOUBLE CRUST

Preheat oven to 425° (hot oven).

Mix *2 cups flour* with *½ teaspoon salt*, *½ teaspoon sugar*, and *1 teaspoon baking powder.*

Add *½ cup margarine* and *¼ cup vegetable shortening.*

Mix shortening lightly with fingers or fork into the flour mixture. Flour will look like big crumbs, not like cornmeal.

Add *4 tablespoons ice water.*

Quickly mix together with a spoon or your hands.

Form into a ball, divide in half. The dough will be wonderfully soft but not sticky.

Put a *little flour* on a surface and on your rolling pin.

Roll out dough into a circle to fit your 9-inch or 10-inch pie pan.

Roll onto your rolling pin, unroll on top of pie pan. Fit into pan without stretching. Melt *2 tablespoons butter*, brush on crust, place in refrigerator to harden. This prevents a soggy crust.

Roll out the top crust to have ready. Spoon your *filling* into the bottom crust. Put top crust on.

Close edges with your fingers or by pressing together with the prongs of a fork. Cut slits into top crust for steam to escape. Cover edges with foil. Brush top with a *little milk* to brown nicely.

Place in preheated 425° oven. Bake 15 minutes, turn heat to 375°, bake about 30 to 45 minutes until crust is beautifully browned.

Check foil towards the end of baking to be sure edges have browned. If not, remove to brown.

EASY SINGLE PIE CRUST

never fails–crisp and delicious, too.

Preheat oven to 450° (very hot oven).

Mix *1 cup flour* with *¼ teaspoon salt, ¼ teaspoon sugar,* and *½ teaspoon baking powder.*

Add *1/3 cup + 1 tablespoon vegetable shortening.*

Mix lightly; flour will look lumpy or crumbly, not like cornmeal.

Add *2 tablespoons iced water.*

Mix together with a spoon or your hands. Don't overwork.

Roll around in bowl to collect into a ball.

Sprinkle a *little flour* on a board and on your rolling pin.

Roll out the dough, always starting from the center, into a size to fit your pie pan.

Roll onto rolling pin. Unroll on pie plate. Do not stretch dough as you fit into the pie plate.

With a fork, punch holes all over pie crust so it won't balloon up when you bake it.

Cover edge of pie crust with 1 inch foil to keep it from overbrowning.

Bake in 450° preheated oven about 9 minutes, remove foil, continue to bake about 3 to 5 minutes until golden brown.

Cool before filling.

NEW DELICIOUS FRUIT PIE

and healthy, too, with oil and fresh fruit

Preheat oven to 425° (hot oven).

Peel and cut into slices *4 or 5 cups fruit.* Put into a colander to drain.

In a bowl put *½ to ¾ cup sugar* and mix in *3 tablespoons flour, ¼ teaspoon cinnamon, ¼ teaspoon nutmeg,* and *1/8 teaspoon salt;* set aside.

For two crusts, top and bottom, measure *2 cups flour, remove 2 tablespoons.*

Mix in *½ teaspoon baking powder* and *1 scant teaspoon salt.*

Measure *½ cup oil.*

Add *¼ cup milk;* don't mix.

Pour into flour mixture. Mix together. It will clean the bowl and form a ball.

Divide the dough in half. Put ½ in the refrigerator.

Cut 2 pieces of wax paper about 12 to 14 inches long.

Put the dough between the waxed papers, flatten. Roll out into a round shape to fit the pie plate.

Peel off the top piece of waxed paper. Put into pie plate and peel off waxed paper.

Carefully fit the crust into the pie plate. Be careful not to stretch. If

the crust tears, close it with your fingers, or, if necessary, snip a little crust from the edge, and patch the crust. This is a touchy crust, but it's so good, it's worth it.

Melt *1 tablespoon butter*—don't substitute, margarine this time.

Brush the melted butter on the bottom crust to keep it from getting soggy.

Put into refrigerator for 10 minutes for butter to harden.

Roll out the top crust. Set aside while you prepare the fruit.

Mix quickly, don't mash, the sugar-flour mixture into the fruit.

Spoon the fruit mixture onto the crust.

Put the crust on. Crimp the edges together with the prongs of a fork.

Cut a small hole in the middle for the steam to escape and six or seven slits near the middle.

Crimp pieces of foil 1-inch wide around the rim of the pie to keep the edges from burning.

Brush a little *nonfat milk* on the top crust.

Bake in 425° oven about 40 to 45 minutes.

Be prepared to have everyone raving over this pie!

BLUEBERRY DEEP-DISH PIE

or use any fruit—fresh, frozen, or canned

Preheat oven to 425° (hot oven).

Mix *4 cups fresh blueberries* together with *3 tablespoons water* and *1/3 cup sugar.*

Bring to a boil, turn heat to medium, cook 2 or 3 minutes; or use canned or frozen fruit, using 3 tablespoons juice and sugar, if necessary, and bring to a boil.

Mix *¼ cup water* and *1½ tablespoons cornstarch,* and stir into the fruit.

Cook briefly until it becomes clear and thick.

Pour into a greased 2 quart casserole.

Crust

Crumble *2 tablespoons oil* into *1 cup Quickie Mix.*

Add *2 tablespoons milk.*

Mix with a fork.

Pat or roll into a round-shaped crust to fit the casserole.

Place on top of the blueberries.

Bake 20 minutes.

This is old-fashioned goodness if eaten warm!

For fresh apricot slump, use ½ cup sugar for the apricots.

OATMEAL PIE

you won't believe it, but it's delicious!

Preheat oven to 350° (moderate heat).

Beat *3 eggs.*

Mix in *1 cup brown sugar, ½ cup white sugar, 1/8 teaspoon cloves, ½ teaspoon cinnamon,* and *¼ teaspoon salt.* Mix well.

Stir in *1 cup quick-cooking oats* and *1 cup flaked cocoanut.*

Melt *2 tablespoons margarine.*

Stir in.

Put in unbaked pie shell.

Bake in preheated 350° (moderate oven) 45 minutes.

APPLE TARTS

makes the whole house smell delicious

Preheat oven to 400° (hot oven).

Place *1 can Pillsbury orange danish rolls or caramel danish rolls* in 9-inch pie pan.

With your clean fingers, push and shape the rolls into a crust.

Sprinkle on a little sugar.

Peel and cut *3 medium-sized apples* (winesap or McIntosh are good). Cut into thin slices.

Arrange the sliced apples in a ring on top of the dough.

Smear the orange topping or nut topping on top of the apples.

Melt ½ cup of apricot preserves. Spoon it on the sliced apples to glaze them.

Bake in preheated 400° (hot) oven about 45 minutes until nicely browned and glazed.

This is super when served warm, and it's also good cold. Be prepared to serve second slices.

APRICOT-CREAM-CHEESE-LEMON-NO-BAKE-PIE

the lemon is the miracle maker–delicious!

Buy or make a *graham cracker pie shell.*

Let *1 8-ounce package of cream cheese* stand at room temperature until soft.

Beat in mixer or by hand until fluffy.

Gradually stir in *1 can (15 ounces) sweetened condensed milk* until well mixed.

Gradually add *½ cup lemon juice,* stir well. This thickens as if by magic.

Spoon into crust.
Melt about *1/3 cup apricot preserves.*
Spoon over the pie to glaze.
Place in refrigerator to chill, about 2 or 3 hours.

A Different Glaze

Mix together *1/3 cup sugar* with *2 tablespoons cornstarch.*
Stir in *1 cup fruit juice* and *2 tablespoons lemon juice.*
Cook, stir until thick and clear.
Pour or spoon glaze over the pie.
Place in refrigerator.

CRUMB CRUST FRUIT PIE

Preheat oven to 450° (very hot oven).

Add *2 tablespoons lemon juice* to *1 can of your favorite fruit-pie filling.*

Pour into a 9-inch pie plate smeared with *1 tablespoon margarine.*

Mix together *1 cup flour, ¼ cup sugar, ½ teaspoon cinnamon, ¼ teaspoon salt.*

Crumble in *1/3 cup margarine or ¾ stick*, in large crumbles, using your hands.

With your hands sprinkle this crumb crust over the pie mixture and press lightly.

Bake in 450° oven about 25 minutes.

PEANUT-BUTTER BARS

Preheat oven to 350° (moderate oven).

Mix together *1½ cups flour* with *½ teaspoons baking powder* and *½ teaspoon salt:*

Beat or use electric mixer to mix *1 cup sugar* with *½ stick margarine, 2 eggs, ¼ cup peanut butter, 1 teaspoon vanilla,* and *3 tablespoons milk* about 2 minutes.

Gradually mix in the flour mixture.

Bake in preheated 350° oven about 35 minutes. Cool.

When cool, cut into bars.

PRUNE BARS

Preheat oven to 350° (moderate oven).

Mix *½ cup butter or margarine* with ¼ cup sugar.
Stir in *1 cup flour.*
Pack ½ into bottom of greased pan; save the other half to use later.
Bake in preheated moderate oven about 10 to 12 minutes.

PRUNE FILLING

Cook *½ box prunes* with *2 lemon slices.* Cut into pieces. Chop lemon slices. Set aside.

Mix *½ cup dry egg mix* into *½ cup water* until all lumps are mixed out, *or use 2 fresh eggs.*

Add *1 cup sugar, 1/3 cup flour* mixed with *½ teaspoon baking powder,* and *¼ teaspoon salt.*

Add *½ teaspoon vanilla* and fold in the cooked prunes and lemon.

Spread this prune mixture on top of the baked mixture.

Spread the rest of the batter on top. Bake another 10 to 15 minutes until golden brown.

Cut in squares while warm.

CHOCOLATE-CHIP BARS

Preheat oven to 350° (moderate oven).

Mix *1½ cups flour* with *2 teaspoons baking powder* and *½ teaspoon salt.*

Beat *2 eggs* with *1 cup sugar, 1 stick or ½ cup margarine*, until well mixed (about 2 minutes with an electric mixter or 300 strokes by hand).

Stir in *1 teaspoon vanilla flavoring.*

Stir in flour mixture.

Fold in *1 package (6 ounces) chocolate chips.*

Spread the dough in a greased pan.

Bake about 30 to 35 minutes.

When cool, cut into bars. You can make Chocolate Nut Bars by adding 1 cup chopped nuts. You can make Chocolate Raisin Bars by adding 1 cup raisins. You can make Chocolate Date Bars by adding 1 cup cut-up dates.

RAISIN BARS

Preheat oven to 350° (moderate oven).

Mix *1½ cups flour* with *2 teaspoons baking powder, ½ teaspoon salt,* and *1 tablespoon orange rind.*

Mix *1 stick or ½ cup margarine* with *1 cup sugar, 2 eggs, 1 teaspoon*

vanilla 2 minutes with electric mixer or 300 strokes by hand.

Steam *1 cup raisins*, dry, mix into flour mixture.

Gradually stir into margarine-egg mixture.

Spoon into square baking pan.

Bake in 350° oven 30 to 35 minutes. Cool.

When cool, cut into bars.

NO–BAKE CHOCOLATE COOKIES

Have *¼ cup peanut butter* ready to use at room temperature. It should be soft.

Measure *½ teaspoon vanilla.*

Have ready *1½ cups uncooked rolled oats or wheat* measured and ready to use quickly.

Bring *1 cup sugar*, *¼ cup cocoa*, *¼ cup margarine*, and *¼ cup milk* to a boil, stirring all the time. Stir, cook 1½ minutes only. Be sure and stir so it won't burn. Remove from heat right away.

Stir in immediately the *peanut butter* and *vanilla.* The peanut butter will melt right away.

Quickly stir in the uncooked oats or wheat–Don't wait.

Using 2 teaspoons, drop 1 cookie at a time onto wax paper. This recipe makes about 24 cookies.

You can make a different kind of cookie by stirring in ½ cup raisins at the last minute.

What child doesn't like chocolate cookies?

PEANUT BUTTER COOKIES

Preheat oven to 375° (moderate oven).

You'll need a baking sheet, or turn cake pans over and use the flat bottoms.

Mix *1 cup vegetable shortening* with *2 cups sugar.*

Stir in *1 cup peanut butter*, *1 teaspoon vanilla* and *1/3 cup dry egg mix mixed with 1/3 cup water* until all the lumps are out *or two fresh eggs.*

Mix *3 cups flour* with *2 teaspoons soda* and *¼ teaspoon salt.*

Stir into sugar mixture.

Form into tiny balls, the size of marbles; place on ungreased baking sheet.

Criss-cross the cookies with a fork; it flattens them and makes a design.

Bake in preheated moderate oven (375°) about 8 minutes until lightly browned; don't burn.

This makes about 10 dozen delicious cookies.

PEANUT BUTTER COOKIES WITH QUICKIE MIX

Preheat oven to 375° (moderate oven).
Put *¼ cup soft margarine* in a bowl.
Add *1 cup peanut butter*, *1 cup sugar*, and *1 egg*. Mix well.
Stir in *1½ cups Quickie Mix*.
Mix until smooth.
Pinch off small balls the size of marbles.
Put on a baking sheet.
Press the back prongs of a fork on each ball criss-cross to flatten it and make a design.
Bake in 375° oven about 8 minutes.
Remove from pan; let cool.

RAISIN COOKIES WITH QUICKIE MIX

Preheat oven to 375° (moderate oven).
Put *¼ cup soft margarine* in a bowl.
Mix together *¾ cup sugar* with *1 egg* and *2 teaspoons vanilla*.
Stir in *2 tablespoons nonfat milk*.
Add *2 cups Quickie Mix* and *1 cup raisins*. Stir.
Drop by spoonfuls on a baking sheet.
Bake in 375° oven about 8 minutes, longer if necessary.
Remove immediately from baking sheet.
Cool.

PEANUT-BUTTER ROLLED WHEAT OR OATS CANDY

Heat *2 cups corn syrup* on low heat; remove.
Stir in *1 cup peanut butter* and *1 teaspoon vanilla*.
Add *4 cups dry rolled wheat or oats*.
Make into a roll, cut or pinch off little balls, and flatten with a glass or a fork dipped in dry milk.

NO-COOK PEANUTTY MAPLE CANDY SLICES

Put out *2 tablespoons of margarine* to get soft.
Mix *1 cup dry milk* with soft margarine.
Stir in *½ cup peanut butter* and *½ cup corn syrup* mixed with *1 teaspoon maple flavoring*. Mix well. Knead together.
Pinch off a piece.
Shape into a roll and roll in dry milk.

Cut into slices; place on wax paper.

Keep refrigerated–if it lasts that long!

You can make a more chewy candy by not using the margarine and mixing *2 teaspoons flavoring* into *¾ cups corn syrup*, 1 cup dry milk *and ½ cup peanut butter.*

UNCOOKED MAPLE-FLAVORED CANDY

Mix *1/3 cup corn syrup* with *½ teaspoon maple flavoring.*

Gradually stir in *2/3 cups dry milk.*

Stir in *1/3 cup dry rolled oats or wheat* and mix.

Shape into balls on a surface sprinkled with dry milk, or put dry milk in a bowl and drop candy balls in and shape as you wish and coat.

LUCITA'S TRINIDAD PEANUT-BUTTER ICE CREAM

Mix *3 cups milk* into *1 cup peanut butter* and *2 cups sugar.*

Put on low heat, stir and cook about 10 minutes until melted.

Take off heat, let cool.

Off heat, add *2 cans evaporated milk (13 fluid ounces).*

Beat with an egg beater or fork.

Mix ½ cup dry egg mix with ½ cup water until all lumps are mashed out; or mix 2 shell eggs.

Add to cooled mixture, and stir again. Pour into 2 pans.

Place in freezer for about 1 hour until the ice cream starts to freeze around the edges.

Beat with an egg beater or spoon until fluffy (about 3 minutes).

Return to freezer until it becomes ice cream.

Push Saran wrap or wax paper right plunk on top of the ice cream. (this keeps the ice cream from getting grainy on top).

Keep in freezer until you're ready to eat it.

This is a rich ice cream, and everyone loves it. (If you like a *very* rich ice cream, use 2½ cups peanut butter instead of 1 cup.)

LEMON SHERBET

Mix *1/3 cup dry egg mix* into *1/3 cup water.*

Beat and stir until all the lumps are out, or mix 2 shell eggs.

Stir in *½ cup sugar, 1 cup milk, 1 cup evaporated milk* and *¼ cup lemon juice.*

Mix well, pour into pan.

Put into freezer until firm (about 1 hour or more).

Take out of freezer, break in chunks with a spoon.
Put sherbet into a chilled bowl that has been kept in refrigerator.
Beat sherbet until fluffy smooth with an egg beater or spoon.
Put back quickly into cold pan.
Put into freezer until it freezes hard.

HERBS AND SPICES

Buy a few spices and herbs—use them sparingly, but use them. They add flavor to dishes that would be bland otherwise. When you buy dried herbs like tarragon and thyme, be sure they are green, not brown.

Tarragon can be used on veal as well as chicken. Try adding a little thyme when you also add tarragon, it accents the good flavor of your veal. You know what a good perfume does—it makes it a pleasure to pass a woman wearing just a whiff. You cross the room, though, if she drenches herself in the perfume. It's the same way with herbs—and you'll eat a dish and wonder what is in it that makes this dish so good!

You will discover a new world of taste when you rub a little ground cloves over canned ham, canned pork which is really canned tenderloin. Put a little of the ground cloves in your barbecue sauce or even in a bought barbecue sauce when you use it with lamb riblets, veal riblets, or broiled, barbecued chicken.

Tabasco is a taste experience it is well to cultivate. You'll be amazed to see what a few drops will do to a dish.

Allspice, both the whole allspice and the ground, is the Chanel #5 of the spices. Allspice is magic to meats, stews, and even some desserts and cakes. Here again, keep your hand steady not to add too much.

A beautiful green bay leaf does wonders for soups and meat dishes. Many times you only add a piece of the leaf.

Nutmeg is a fooler, it's wonderful with desserts, but it's also good with meat dishes and sauces.

I won't say a word about cinnamon, because everyone has this on her shelf.

You shouldn't live without ginger. You can buy it dried, whole, as well as grated; or grate as you need it—it takes a minute but you always get a better taste. Ginger can be used in meat dishes and sauces to good advantage—don't buy it and leave it on your shelf.

Dry mustard is very necessary as a taste pepper-upper, good in salad dressings, sauces, or rubbed on meats.

Wet mustard, unsweetened mayonnaise (buy at a store that sells a lot to be sure you get fresh mayonnaise) is good in salad dressings.

Catsup, stick just to one brand. I've been using a favorite brand for more years than I care to remember, and not long ago I tried a different brand because it was pennies cheaper. I got the surprise of my life -it was tastier and perfectly delicious! And now I have a catsup that's more tasty for my meat loaf suace, wonderful as a barbecue sauce thinned somewhat. You just have to be venturesome sometimes! Live dangerously—in cooking, that is!

Store-bought preserves like peaches, pineapples, apricots, and cherries, are wonderful to use in homemade dishes to glaze meat, make sauces for chicken and meats, and, of course, it's woman's best friend when it comes to desserts. I have found some of the store brands are cheaper and better than I can make them—well, cheaper, anyway. They are one food item our commercial people excel in.

Remember, if Columbus sailed around the world searching for a short-cut to get spices, how about your trotting down to your supermarket just around the corner to pick up a jar or two or three? You, thank goodness, won't have to sail the seven seas for your spices and herbs!

TIPS FOR PENNY PINCHERS

1. Spend your food money in stores stocking a wide variety of good foods, where the average price means lower grocery and meat bills for you week in and week out.
2. Use a prepared shopping list as a guide, experience has taught that this is a good way to save both energy and money.
3. To make a shopping list, jot down the needed items as food supplies run low at home; don't wait until you reach for some item and you just don't have it. Check your refrigerator, freezer, and shelves.
4. Plan weekly meals as you study food advertisements; or plan in your mind each of the meals you will prepare for your family, making use of the best buys.
5. If a special you'd planned on proves disappointing in the store or if the supermarket is sold out of what you wanted, have other choices in mind.
6. Plan uses for any leftovers.
7. List the same kinds of foods and supplies together so you won't be running back and forth all over the supermarket.
8. Watch food advertisements. Food in season or in plentiful supply are at the peak of their quality and are reasonably priced.
9. Specials may be closeouts, to be sold before the new crop or pack arrives at the store.
10. Shop newspaper pages. Compare all prices, the ones in small print as well as the big offerings.
11. Bulk cheese costs less per pound than sliced or grated cheese.
12. Stretch the meat or fish with bread, rice, noodles, spaghetti, macaroni.
13. Plan to use dry beans, peas and lentils.
14. Buy cereals that require cooking instead of ready-to-serve cereals.
15. Be thrifty in your use of oil, vegetable shortening, margarine.
16. Check luxury snacks, such as potato chips, popcorn, corn puffs. Of this group pretzels cost less per ounce.
17. Private label brands (store brands) are cheaper than other brands for the same quality.
18. Soft drinks cost less per ounce in returnable bottles rather than in disposable cans or bottles.
19. You can save on larger-sized bottles and lesser-known brands.
20. Larger packages normally cost less per ounce for like quality.
21. Skip costly low-calorie items.
22. Skip costly instant items.
23. Skip convenience-meal items: for example, buttered toast spread with preserves is cheaper than fruit-filled popups.
24. Choose from abundant and low-cost vegetables and fruit rather than from unusual or imported varieties.
25. Buy the least expensive, whether fresh, frozen or canned. Example:

Root vegetables, such as sweet potatoes or white potatoes, turnips, carrots, or beets might take the place of Puerto Rican plantains, yautias, or yucas.

26. Select lower grades wherever you can without losing appetite appeal and usefulness. Example: Grade B eggs can be used for baking instead of grade A.
27. Locally grown beans, dried or canned, are cheaper than imported beans.
28. Select juices and drinks for vitamin-C value, and don't buy fruit-flavored juices supplying only sugar. Be sure they are enriched with vitamin C. You need the vitamin C that real fruit juices give you.
29. Substitute dry or evaporated milk for part of the fresh milk you need. It's cheaper.

3 teaspoons	=	1 tablespoon
4 ~~teaspoons~~ 2 tbsp.	=	¼ cup
8 tablespoons	=	½ cup
16 tablespoons	=	1 cup
1 cup	=	½ pint
2 cups	=	1 pint
2 pints	=	1 quart
4 quarts	=	1 peck
4 pecks	=	1 bushel
1 pound	=	16 ounces
1 fluid ounce	=	2 tablespoons
6 fluid ounces	=	1 pint
1 jigger	=	1½ fluid ounces or 3 tablespoons
2 tablespoons	=	1/8 cup or 1 ounce
51/3 tablespoons	=	1/3 cup
5 ablespoons	=	3/8 cup
10 tablespoons	=	5/8 cup

Can Size	Cups	Servings
6 ounces	¾ cups	1 or 2
8 ounces	1 cup	2
10½ ounces	1¼ cups	3
12 ounces	1½ cups	3 or 4
No. 303 (16 ounces)	2 cups	4
No. 2 (20 ounces)	2½ cups	6
No. 2½ (28 ounces)	3½ cups	7

To tell when fat for deep-frying is hot enough, drop a 1-inch cube of bread into the hot deep fat. If it browns a gold color in 65 seconds, the fat

is about 345° to 355°. If it takes 60 seconds to brown, the fat is 350° to 365°. If it takes 20 seconds to brown, the fat is 385° to 395°. It's necessary to have the fat hot, because if you don't you will have grease-soaked food.

HINTS TO MOTHERS WHO WORK

from my friend Marguerite Fraumeni

Marguerite lost her husband, who had been a good provider and who left her with 5 growing boys. She went to work because she needed to, and because she would have lost her mind otherwise . . . five growing boys are five growing boys!

Sometimes Marguerite has to work overtime, sometimes her planned meal takes a little longer than five hungry boys could wait for. So she has in her refrigerator:

1. A bowl of carrot sticks, cut celery sticks, cauliflower flowerlets, radishes (whole, not fancy cut) and green pepper rings.
2. A bowl of fruit, apples, oranges, bananas, or other fruits in season.
3. Cold cuts to make sandwiches.
4. Sliced cheese to grill or eat as is.
5. Chipped beef to fry and make sandwiches. and on a cupboard

And on a cupboard shelf:

1. Cans of chicken noodle soup, tomato soup, minestrone soup or vegetable soup, and a canned soup that has meat balls in it.
2. Crackers with "enriched" on it—she reads the fine print—and enriched bread (she wouldn't buy any other kind).

And in the freezer compartment:

1. Frozen individual meat and chicken pies—the biggest of the frozen food bargains.
2. Individual pizzas (so the kids won't fight). Does this sound like a lot?

When you are growing and you come home from school, and you want your mother to be there but she can't because she's working, you can open the refrigerator and see the lovely colors of the vegetables and fruit, and you are reminded that your mother's love is reaching out to you and you realize what a wonderful mother you have to go to all that trouble to tell you, "I'm thinking of you."

And you youngsters, girls and boys, why not help by starting the dinner? Look at these recipes; there are plenty that you can cook. Talk it over with your mother and help her. And do her and yourself a favor—surprise your mother with a clean sink, and get in the habit of washing the utensils and dishes as you cook.

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